Services for Seniors
in San Francisco

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1999 Resource Guide

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Prepared by the City & County of San Francisco Commission on the Aging
Senior Information & Referral

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DATE: December 15, 1998

TO: Aging Network

FROM: David Ishida
Executive Director

RE: ***1999 Resource Guide of Services for Seniors***

The Commission on the Aging has updated and published the *1999 Resource Guide - Services for Seniors in San Francisco.*

This guide will provide resource information for caregivers and for professionals working with the elderly in San Francisco and throughout the Bay Area; additionally, it will serve as an on-line directory for Senior Information and Referral staff and for Neighborhood Senior Centrals.

My special thanks go to the Senior Information and Referral staff, under the able direction of Tania Bauer, for producing the 1999 guide; a special acknowledgement to Lucy Lui for so expertly leading the project and to Bill Aguiar for his numerous hours of updating and assistance. We are also indebted to Lucy Lui for her meticulous proofreading and to Emma Harper of the Commission support staff, for her assistance in the production of this guide. I would also like to thank the staff of Neighborhood Senior Centrals and all of you who so willingly provided information.

If there are any additions, corrections or comments about this edition of the *1999 Resource Guide of Services for Seniors in San Francisco*, please contact Senior Information and Referral at (415) 626-1033.

(415) 864-6051 25 Van Ness Avenue, #650 San Francisco, CA 94102

A Resource Guide of Services for Seniors in San Francisco

1999

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How to Use the Resource Guide

For easy reference the resource guide is divided into four main sections.

Alphabetical Index - (A-1 to A-19)

This section provides an alphabetical index of the agencies listed in the City & County Listings and the White Pages. Agencies are listed by their legal name, by their commonly used name, and by their acronym. For example, Economic Opportunity Council is listed as such and also as EOC. The Family Service Agency - Ombudsman Program is also listed as Ombudsman. The index is extremely useful in directing you to the exact page number of the agency you want. This is especially helpful when you are looking up agencies begin with the letters "C" and "S" since there are several agencies starting with those letters.

Services by Category - Beige Pages - (B-1 to B-112)

This section is organized so that particular agencies, or services, can be listed under a service category. For example, if the need is for Immigration/ Naturalization Services, look up Immigration/Naturalization Services in the Beige Pages. Available immigration services will be listed under that category.

There are 39 categories of services. An ***Index of Service Categories*** appears at the beginning of the Beige Pages.

Note: The agencies that are marked with an asterisk are further profiled in detail in the Agency Profile sections (City & County Listings and White Pages).

City and County of San Francisco Profiles - (C-1 to C-43)

This is a separate section in the Resource Guide. City and county government agency profiles are separate to make it easier to locate. Under one umbrella heading of City and County of San Francisco, agencies that are particularly useful in the aging network are listed in this section. Each profile includes name, address, phone number, as well as, services provided, person-in-charge, days and hours of operation and other pertinent information.

Agency Profiles - (1 to 258)

This section provides an agency profile for over 230 vital services for seniors. Each profile includes name, address, phone number, as well as, services provided, person-in-charge, days and hours of operation and other pertinent information.

Agency Profiles are arranged alphabetically by their complete formal name. State and Federal public agencies are listed under their political jurisdiction, e.g., California State Department of Health Services, Health Facilities Licensing.

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ABUSE (ELDER)

It is estimated that approximately 4% of the elderly are victims of physical mistreatment, psychological abuse, severe neglect or financial exploitation each year. Under California law, health and social service providers are required to report physical abuse. The following services for preventing and/or reporting cases of abuse are available to victims, their families and professionals working with them:

ELDER ABUSE REFERRAL LINE: 626-1033

*Adult Protective Services 557-5230
to report and/or refer cases of abuse

*California Advocates for Nursing Home Reform (CANHR) 474-5171
for incidents of abuse occurring in nursing homes

*Consortium for Elder Abuse Prevention 750-4188
for prevention information and consultation

*District Attorney's Consumer Fraud and Environmental Protection Unit 553-1814
to report consumer fraud cases

*Family Service Agency of San Francisco 474-7310
when mental health issues are involved

*Legal Assistance to the Elderly 861-4444
physical abuse and financial abuse cases

*Ombudsman (Long Term Care) 751-9788
to report cases of abuse occurring in nursing homes or board and care facilities 1-800-231-4024

*Woman, Inc. 864- 4722
to report cases of domestic violence

Police:

For life-threatening emergency, call 911

*Indicates agency is profiled within the White Pages

ADULT DAY HEALTH CARE CENTERS

Adult Day Health Care (ADHC) is a community-based day program of health, rehabilitation, and social services for disabled adults and the frail elderly. By assisting them in maximizing their independence and capacity for self-care, this program helps participants continue living at home and provides daytime respite to family members.

There are eight agencies with licensed and Medi-Cal reimbursable sites within the designated service areas of San Francisco. The State of California Department of Health Services license and certifies these programs. For further information see the Licensing and Certification section.

The San Francisco Adult Day Health Network
50 California Street, # 200
San Francisco, CA 94111
772-7371

*Bayview Hunters Point Adult Day Health Care **826-4774**
1250 La Salle Avenue
San Francisco, CA 94124
Lorraine Togia, Program Director

Continuum HIV Day Services **437-2900**
255 Golden Gate Avenue
San Francisco, CA 94102
Mark Arseneau, Program Director

*Goldman Institute on Aging
Ruth Ann Rosenberg Adult Day Health Center **750-5350**
Alzheimer's Day Center **750-5330**
3600 Geary Boulevard
San Francisco, CA 94118
Kim Peloso, Director

*Laguna Honda Hospital Adult Day Health Care Center **759-3360**
375 Laguna Honda Blvd.
San Francisco, CA 94116
Linda Franco, Director

*North & South of Market Adult Day Health Corporation **882-7301**
55 Mabini
San Francisco, CA 94107
John Tinloy, Program Director

*Indicates agency is profiled within the White Pages

*North & South of Market Adult Day Health Corporation 923-9085
230 Jones Street
San Francisco, CA 94102
Simon Tse, Program Director

*On Lok Senior Health Services ..... 292-8888 Gen. Info.
(A program of all-inclusive care for the elderly) 1-888-886-6565
1333 Bush St. Center 1-888-88-ON-LOK
San Francisco, CA 94109
Kate O'Malley, Director of Health Services

Other On-Lok Sites:
1441 Powell Street Center, San Francisco, CA 94133 292-8888
1000 Montgomery Street Center, San Francisco, CA 94133 292-8888
225 - 30th Street Center, San Francisco, CA 94131 550-2230
1426 Fillmore Street. 3rd Floor, San Francisco, CA 94115 447-1000

*St. Mary's Adult Day Health Care 334-4000
35 Onondaga
San Francisco, CA 94112
Shirley Locke, Director

*Self-Help for the Elderly Adult Day Health 666-1888
408 - 22nd Avenue
San Francisco, CA 94121
Veronica Rodriguez, Director

*Indicates agency is profiled within the White Pages

ADULT SOCIAL DAY CARE

Centers which serve as interim care for clients who do not need Adult Day Health Care but are not able to participate in a senior center.

*Fannie L. Morris Adult Day Center 469-2252
Jewish Home for the Aging
302 Silver Avenue
San Francisco, CA 94112

*Kimochi, Inc 922-9972
931-2294 Admin.
1531 Sutter Street
San Francisco, CA 94109

*Montefiore Social Day Center 292-1262
3200 California Street
San Francisco, CA 94118

*Noriega Adult Day Support Center 452-3500
55 Farallones
San Francisco, CA 94112

*North of Market Senior Services 292-5959
472 Turk Street
San Francisco, CA 94102

*RCH, Inc (formerly the Recreation Center for the Handicapped) 665-4100
207 Skyline Boulevard
San Francisco, CA 94132

*Indicates agency is profiled within the White Pages

ADVOCACY

Programs which advocate changes, promote causes, or protect the rights of individuals or groups. This may include advocacy in the areas of client or patient rights, civil rights, affirmative action, architectural barrier removal, etc.

Better Business Bureau 1-510-238-1000
California Consumer Health Coalition
550 - 16th Street
Oakland, CA 94612

*California Advocates for Nursing Home Reform 474-5171
1610 Bush Street
San Francisco, CA 94109

*CASE - Coalition of Agencies Serving the Elderly 646-0898
24 Ellis Street, Suite #101
San Francisco, CA 94102

Congress of California Senior 1-916-442-4474
1228 "N" Street, Room 29
Sacramento, CA 95814

*Consortium for Elder Abuse Prevention 750-4188
Goldman Institute on Aging
3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

*Consumer Action 777-9635
717 Market Street, Suite #310
San Francisco, CA 94103

*Consumer Fraud and Environmental Protection Unit 553-1814
732 Brannan Street
San Francisco, CA 94103

*Gray Panthers 552-8800
1182 Market Street, #203
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

*Housing Rights Committee, The 398-6200
942 Market Street, #303
San Francisco, CA 94102

KCBS - Call for Action ..... 478-3300 Gen. Public
765-4096 Agency Use
One Embarcadero Center
San Francisco, CA 94111

Mental Health Association of San Francisco 882-6230
965 Mission Street, #425
San Francisco, CA 94103

*Older Women's League 989-4422
870 Market Street, #547
San Francisco, CA 94102

*Ombudsman - San Francisco (Long Term Care) 751-9788
Family Service Agency of San Francisco Crisis Line 1-800-231-4024
6221 Geary Boulevard
San Francisco, CA 94121

*Planning for Elders in the Central City (PECC) 703-0188
703-0186 Fax
1370 Mission Street, 3rd Floor
San Francisco, CA 94103

*Patients' Rights Advocacy Services (PRAS) 552-8100
2325 3rd Street, # 221
San Francisco, CA 94107

San Francisco Association of Residential Care Homes, Inc. 753-3216
110 Vale Avenue
San Francisco, CA 94132
Pat Nabis, Director

*San Francisco Commission on the Aging 864-6051
25 Van Ness Avenue, # 650
San Francisco, CA 94102

*San Francisco Tenants' Union 282-6622
558 Capp Street
San Francisco, CA 94110

*Indicates agency is profiled within the White Pages

*Senior Action Network (SAN) **863-2033**
1370 Mission Street, 3rd Floor
San Francisco, CA 94103

*Senior Information and Referral **626-1033**
Commission on the Aging
25 Van Ness Avenue, # 650
San Francisco, CA 94102

*Senior Power **541-9629**
325 Clementina Street
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

CAREGIVER SUPPORT SERVICES

The following support or self-help groups can put individuals in touch with other caregivers with whom they can share emotional support, understanding and suggestions for handling problems.

Caregiver support can provide an atmosphere of acceptance and encourage members to express their feelings, communicate more effectively and find more appropriate coping strategies.

Alzheimer's Association 1-650-962-8111
Caregiving for someone with Alzheimers and dementia

•Bayview Hunter's Point Adult Day Health Center 206-7265
General caregiving support

•Catholic Charities of San Francisco
Noriega Adult Day Support 452-3500
General caregiving support

•Family Caregiver Alliance 434-3388
Managing anger and life satisfaction; general caregiving group

•Goldman Institute on Aging - Alzheimer's Day Center 750-5330
Caregiving for someone with Alzheimers and dementia

•Jewish Family & Children's Services 567-8860
Adult children of aging parents

•Jewish Family & Children's Services 561-1217
Long distance caregiving

Kairos Support for Caregivers 864-2273
Support to anyone caring for or about an HIV or AIDS affected person

•On Lok Senior Health Services 550-2230
General caregiving; Spanish speaking groups

•Self-Help for the Elderly 666-1888
Cantonese speaking groups

•Indicates agency is profiled within the White Pages

Coordinate all social, medical psychiatric services for clients with the intent of stabilizing client at current level of care. Case management provides support on an on-going basis to insure a stable environment through assessing need, planning care, implementing and coordinating program delivery, follow-up and re-assessment.

*Catholic Charities Senior Services 442-5211
814 Mission Street, 3rd Floor
San Francisco, CA 94103

*Centro Latino de San Francisco 861-8758
1656 15th Street
San Francisco, CA 94103

*Coming Home 474-2250
825 Van Ness Avenue, #604
San Francisco, CA 94109

*Family Service Agency of San Francisco
Geriatric Service West 386-6600
6221 Geary Boulevard, 1st Floor
San Francisco, CA 94121
Serves: OMI, Richmond, Sunset

*Family Service Agency of San Francisco 474-7310
1010 Gough Street
San Francisco, CA 94109
Serves: Western Addition, Pacific Heights, Marina, Fillmore, Haight

*Goldman Institute on Aging
Elder Plan Consultation and Care Management 750-4130
3626 Geary Boulevard
San Francisco, CA 94118

*Goldman Institute on Aging
Linkages Program. 750-4141
3626 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

*Goldman Institute on Aging
San Francisco Multipurpose Senior Services Program (MSSP) 750-4141
3626 Geary Boulevard
San Francisco, CA 94118

*Health at Home, Home Health Agency 753-8116
SF Department of Public Health
45 Onondaga Avenue
San Francisco, CA 94112

*Jewish Family and Children's Services 567-8860
Geriatric Services
1600 Scott Street
San Francisco, CA 94115

*Neighborhood Elders Support Team (N.E.S.T.) 206-9177
Bernal Heights Neighborhood Center
515 Cortland Avenue
San Francisco, CA 94110

*Network for Elder Serving the Bayview-Hunters Point Community 647-5353
3450 - 3rd Street, Building 2A #200
San Francisco, CA 94124

*North of Market Senior Services 885-2274
333 Turk Street
San Francisco, CA 94102

*On Lok Senior Health Services 550-2210
225 - 30th Street, 2nd Floor
San Francisco, CA 94131

*Salvation Army Senior Meals & Activities Program 777-5350
850 Harrison Street
San Francisco, CA 94107

*San Francisco Department of Public Health
Division of Mental Health (DMH)

*DMH - Central City Seniors Unit 554-3277
90 Van Ness Avenue,
San Francisco, CA 94103
Serves Tenderloin, South of Market to Bush Street

*Indicates agency is profiled within the White Pages

*DMH - Chinatown North Beach Unit 352-2000
729 Filbert Street
San Francisco, CA 94133
Serves: Chinatown, North Beach

*DMH - Community Mental Health Service 255-3400
1380 Howard Street, 5th Floor
San Francisco, CA 94103
Serves: San Francisco County

*DMH - Mission Integrated Service Center 554-9980
111 Potrero Street
San Francisco, CA 94103

*DMH - South East Mission Geriatric Services 337-4722
3905 Mission Street
San Francisco, CA 94112
Serves: Bayview-Hunter's Point, Mission, Outer Mission, Potrero Hill, Visitacion Valley

*Indicates agency is profiled within the White Pages

Funeral Plans:

Bay Area Funeral Society (Consumer Info) 1-510-841-6653
GHIA Gallery (Consumer Info) 282-2832

Grief Counseling/Support Groups:

*Catholic Charities - Grief Care 564-7882

*Center for Elderly Suicide Prevention and Grief Related Services 750-5355

*Jewish Family & Children Services 561-1212

Hospice Services:

To provide physical, psychological, social and spiritual care to those individuals who have been diagnosed as terminally ill, their families and loved ones. Hospice service may be administered in the home, hospital, nursing home or in an alternative facility:

Coming Home Hospice 861-1110

*Hospice by the Bay 626-5900

Hospice Preferred Choice, Inc. 979-0925

Mid Peninsula Hospice Services 567-3973
1-888-755-7855

*Visiting Nurses & Hospice of San Francisco 750-4404

Other Services:

Coroner's Office 553-1694
850 Bryant Street, San Francisco, CA 94103

Death Certificates and Death Records 554-2710
101 Grove Street, 1st Floor, San Francisco, CA 94102

Social Security Benefits 1-800-772-1213

Veteran's Administration 1-800-827-1000

*Indicates agency is profiled within the White Pages

DENTAL

*California Dental Association 1-800-736-7071

Dental Medi-Cal Referral Program 1-800-322-6384

*Family Dental Center 476-5692
SFGH - UCSF
1001 Potrero Avenue, Building 20, Room 2203
San Francisco, CA 94110

*San Francisco Dental Society ..... 928-7337(Administration)
2143 Lombard Street 421-1435(Referral)
San Francisco, CA 94123

*San Francisco General Hospital 206-8104
Oral Surgery Clinic
1001 Potrero Avenue, 1N
San Francisco, CA 94110

*South of Market Health Clinic 626-2951
551 Minna Street
San Francisco, CA 94103

*UCSF School of Dentistry 476-1891
707 Parnassus Avenue
San Francisco, CA 94143

*University of Pacific School of Dentistry 929-6501
2155 Webster Street
San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

DISABILITIES

According to Section 504 of the 1973 Rehabilitation Act and the 1990 American with Disabilities Act, disability "means with respect to the individual, a permanent or temporary physical or mental impairment that substantially limits one or more of the major life activities of the individual."

The following agencies provide assistance to persons with disabilities:

*Arthritis Foundation 1-800-464-6240
657 Mission Street, #603 — 356-1230
San Francisco, CA 94105 — 356-1240 Fax

*California State Department of Rehabilitation 904-7100
185 Berry Street, #180
San Francisco, CA 94107

*Catholic Charities - Hearing Impairment Program 749-3812
1801 Octavia Street — 749-3810 TDD
San Francisco, CA 94109-4328

Deaf Counseling Advocacy & Referral Agency (DCARA) — 749-7492
745 Franklin Street
San Francisco, CA 94102

*Independent Living Resource Center of San Francisco 543-6222
649 Mission Street — 543-6698 TDD
San Francisco, CA 94105

*Multiple Sclerosis Society - Northern California Chapter 1-800-344-4867
150 Grand Avenue
Oakland, CA 94612

Muscular Dystrophy Association 1-650-570-6166
3 Waters Park Drive, Suite 204
San Mateo, CA 94403

*National Association for the Visually Handicapped 221-3201
3201 Balboa
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

*New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders - G.L.O.E.
1853 Market Street
San Francisco, CA 94103
Groups for disabled men and women

Pacific Bell 1-800-772-3140
Phone discounts: equipment for persons with disabilities

*RCH, Inc., (formerly the Recreation Center for the Handicapped) 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

*Rose Resnick Lighthouse for the Blind and Visually Impaired 431-1481
214 Van Ness Avenue
San Francisco, CA 94102

*San Francisco Public Library for the Blind 557-4253
Main Library - 100 Larkin Street
San Francisco, CA 94102

*San Francisco SPCA Hearing Dog Program 554-3020
2500 16th Street
San Francisco, CA 94103

SHHH - Self Help for the Hard of Hearing 824-0188
935 Diamond Street
San Francisco, CA 94114

*United Cerebral Palsy Association of San Francisco 627-6939
660 Market Street #401
San Francisco, CA 94104

*U.C.S.F. Center on Deafness 476-4980
3333 California Street # 10 476-7600 TTY
San Francisco, CA 94143-1208

*Indicates agency is profiled within the White Pages

*American Red Cross 427-8000
85 Second Street
San Francisco, CA 94105

*Artworks -- Goldman Institute on Aging 750-4187
3330 Geary Boulevard, 2nd Floor East
San Francisco, CA 94118

Center for Learning in Retirement (CLIR) 863-4518
U.C. Extension
55 Laguna Street
San Francisco, CA 94102

City College of San Francisco 239-3000
50 Phelan Avenue
San Francisco, CA 94112

City College of San Francisco 561-1850
Chinatown/North Beach Campus
940 Filbert Street
San Francisco, CA 94133

City College of San Francisco 267-6500
Downtown Campus
800 Mission Street
San Francisco, CA 94103

*City College of San Francisco 550-4415
Mission Campus - Older Adults Department
106 Bartlett Street
San Francisco, CA 94110

*City College of San Francisco 550-4300
Southeast Campus
1800 Oakdale Avenue
San Francisco, CA 94124

*Community Music Center - Mission Branch 647-6015
544 Capp Street
San Francisco, CA 94110

*Indicates agency is profiled within the White Pages

Community Music Center - Richmond Branch 221-4515
741 30th Avenue
San Francisco, CA 94121

Fort Mason Foundation 441-5706
Building A - Intersection of Marina & Buchanan

*Fromm Institute for Lifelong Learning 422-6805
University of San Francisco, Room 538
San Francisco, CA 94117-1080

*Gray Panthers 552-8800
1182 Market Street # 203
San Francisco, CA 94102

League of Women Voters 989-8683
114 Sansome Street, # 513
San Francisco, CA 94104

*LifePlan Center 546-4499
5 Third St., Hearst Building, Suite 324 777-1396 Fax
San Francisco, CA 94103

Mission Language & Vocational School 648-5220
2929 - 19th Street
San Francisco, CA 94110

*Institute for Health and Healing - Planetree Library 923-3680
2040 Webster Street
San Francisco, CA 94115

San Francisco Adult Literacy Center 621-8327
P.O. Box 15508
San Francisco, CA 94115

San Francisco Public Library 557-4400
Hearing Impaired TDD 557-4433
Hearing Impaired Voice 557-4434

*San Francisco Library on Wheels 557-4345

*Indicates agency is profiled within the White Pages

*San Francisco Library for the Blind 557-4253

*San Francisco S.A.F.E., Inc 673-7233
850 Bryant Street, # 135 553-1984
San Francisco, CA 94103
Crime prevention

*San Francisco State University 338-2127
Urban Elders Program/Extended Education
22 Tapia Drive
San Francisco, CA 94132

*Senior Information and Referral 626-1033
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102

*Senior Net (Computers for Seniors) 495-4990
121 - 2nd Street, 7th Floor
San Francisco, CA 94105

Unified School District 241-6000
135 Van Ness Avenue
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

EMERGENCY MEDICAL BUTTON RESPONSE SYSTEMS

In an emergency, one touch of your portable help button will bring help within minutes. With any of the following response systems help is always at your fingertips, 24 hours a day. The portable help button offers peace of mind and independence to the user and provides respite and reassurance for family and caregivers.

Bay Area Life Line - Lifeline System, Inc. 1-800-380-3111

Bay Area Vital Link - Emergency Life Saving System 1-800-752-5522
2131 University Avenue, Suite 314
Berkeley, CA 94704

Care Scope 1-800-287-9111
4424 California Street, #3202
San Francisco, CA 94118

Medic Alert 1-800-432-5378
2323 Colorado Avenue
Turlock, CA 95380

Mercy-Line -- St. Mary's Hospital & Medical Center 750-5530
450 Stanyan Street
San Francisco, CA 94117

Response Ability 379-9111

St. Francis Memorial Hospital 353-6565
Healthwise Senior Program
900 Hyde Street, 1st Floor,
San Francisco, CA 94109

*Indicates agency is profiled within the White Pages

EMERGENCY NUMBERS

For all emergencies, call	911
*Adult Protective Services (Dept. of Human Services)	557-5230
*Center for Elderly Suicide & Grief Related Services	752-3778
Drug Line	362-3488
*Elder Abuse Referral Line (Senior Information and Referral)	626-1033
Fire Department of San Francisco	911 861-8020
*La Casa de las Madres *(Battered Women Shelter)*	777-1808
Mental Health Information and Referral	255-3737
*Night Ministry, San Francisco (10 pm - 4 am)	986-1464
Pacific Gas & Electric Company *(Customer Service Dept.)*	1-800-743-5000
Division of Emergency Medical Services of San Francisco Fire Department	206-7800 561-5900
Poison Control Center	1-800-523-2222
Psychiatry Emergency in San Francisco, - S.F.G.H.	206-8125
San Francisco Ambulance	911 or 931-3900
San Francisco Suicide Prevention	781-0500
Tom Waddell Clinic 50 Ivy Street San Francisco, CA 94102	554-2950
UC School of Dentistry	476-1891
University of Pacific School of Dentistry	929-6501

*Indicates agency is profiled within the White Pages

EMPLOYMENT

*Alumnae Resources ..... 274-4700 Office
120 Montgomery Street # 600 274-4711 Resource Center
San Francisco, CA 94104

*Arriba Juntos 863-9307
1850 Mission Street
San Francisco, CA 94103

*City and County of San Francisco -- Human Resources Dept. 557-4800
44 Gough Street 557-4888 Hotline
San Francisco, CA 94103

*Commission on the Status of Women (Job Library) 252-2570
25 Van Ness Avenue, #130
San Francisco, CA 94102

*Employment Development Department ..... 749-7503 Gen. Info
(State of California) 749-7525 Casual Labor
3120 Mission Street 749-7500 Employers
San Francisco, CA 94110

*Foster Grandparent Program - Family Service Agency 751-9786
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121

Goodwill Industries of San Francisco *(Job Line)* 575-2100
1500 Mission Street
San Francisco, CA 94103

Jewish Vocational & Career Counseling Service 391-3600
77 Geary Street, Suite 401
San Francisco, CA 94108

*LifePlan Center 546-4499
5 Third St., Hearst Building, Suite 324 777-1396 Fax
San Francisco, CA 94103

*National Council on the Aging 982-7007
870 Market Street, Suite 785
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

*Renaissance Experience Plus, Inc. 546-7161
995 Market Street, Suite 704
San Francisco, CA 94103

St. Anthony Employment Program 241-8330
55 Jones Street
San Francisco, CA 94102

*Self-Help for the Elderly 982-9171
407 Sansome Street
San Francisco, CA 94111

*Senior Companions -- Family Service Agency 751-9786
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121

*Senior Information and Referral 626-1033
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
For list of employment services sensitive to needs of seniors

*Senior Power 541-9629
325 Clementina Street
San Francisco, CA 94103-4104
Posts job announcements on bulletin board

*Indicates agency is profiled within the White Pages

C.E.R.F. 252-3177
Code enforcement and rehabilitation loan program

*Coming Home 474-2250
825 Van Ness Avenue, Suite 604
San Francisco, CA 94109

*Consumer Credit Counseling Service of San Francisco,
Peninsula and Marin 788-0288
77 Maiden Lane, 3rd Floor
San Francisco, CA 94108

*Economic Opportunity Council (E.O.C.)
Energy Assistance 247-7836
Free Weatherization Program 641-1833
HEAP -- Home Energy Assistance Program 1-800-433-4327
281-5873

Housing Conservation & Development Corporation 586-8000
1637 Ocean Avenue
San Francisco, CA 94112

*Jewish Family & Children's Services 567-8860
1600 Scott Street
San Francisco, CA 94115

Pacific Bell 1-800-772-3140
Equipment loan for persons with disabilities

Pacific Gas & Electric Company 1-800-743-5000
Help with customer's bill

Property Tax Postponement 1-800-952-5661

*Public Administrator / Guardian 554-2370
County Veterans Service Office
25 Van Ness Ave., #200
San Francisco, CA 94102

*Public Guardian *(See San Francisco Public Guardian/Administrator)*

*Indicates agency is profiled within the White Pages

*Rep Payee (San Francisco Public Guardian) formerly FRAIL 554-1175
25 Van Ness Avenue, Room 200
San Francisco, CA 94102

Reverse Annuity Mortgage Information
call Consumer Credit Counselors 788-0288

*San Francisco Department of Human Services
170 Otis Street
San Francisco, CA 94103

General Information	558-1000
TANF	557-5000/557-5723
General Assistance	558-1000
Food Stamps	558-4186
Medi-Cal	863-9892/558-1955
Replacement Medi-Cal Card	558-1832
In-Home Support Services	557-5251

*San Francisco Public Guardian/Administrator 554-1150
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102

• Social Security Offices

Toll free number for Social Security	1-800-772-1213
Toll free number for Medicare	1-800-952-8627
Individual status on Medicare (not toll free)	1-818-593-2006

*Bayview-Hunter's Point 556-5325
3801 - 3rd Street, #280
San Francisco, CA 94124
Serves zip codes 94107,24,34

*Chinatown Branch 705-1065
560 Kearny Street
San Francisco, CA 94108
Serves zip codes 94108, 11, 33

*Civic Center Branch 744-5750
939 Market Street 744-5760 SSI
San Francisco, CA 94103 744-5750 Soc. Sec.
Serves zip codes 94102,03,04,05, 09,19,20,21,23,29,30,39

*Indicates agency is profiled within the White Pages

* Social Security Offices (cont.)

*Mission Branch 556-4043
1098 Valencia Street
San Francisco, CA 94110
Serves zip codes 94107,10,12,14

*Parkside Branch 556-4078
1569 Sloat Blvd., Suite 300
San Francisco, CA 94132
Serves zip codes 94114,16,22,27, 28,31,32

*Western Addition 556-9325
1405 Fillmore Street
San Francisco, CA 94115
Serves zip codes 94115,17,18

*Indicates agency is profiled within the White Pages

This section will provide information regarding congregate meal sites for seniors, emergency (free) food sites, home-delivered meals, and other nutrition resources.

Congregate Meal Sites:

According to Title III, Section C-1 of Older American's Act "congregate nutrition services shall be available to persons 60 years of age or older and their spouses, regardless of age." For more information regarding individual sites see Senior Centers and Clubs or call:

Senior Information and Referral 626-1033
for complete listing of nutrition sites

Emergency Resources:

*Martin de Porres *(Meals served)* 552-0240
225 Potrero
San Francisco, CA 94103

St. Anthony Dining Room *(Meals served)* 241-2600
45 Jones Street
San Francisco, CA 94102

*San Francisco Food Bank *(Brown Bag Program)* 282-1900
900 Pennsylvania (at 23rd)
San Francisco, CA 94107

Note: The San Francisco Free Eats & Free Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or more information, call Senior I&R at 626-1033 or the Helplink at 772-HELP.

Home-Delivered Meals:

According to Title III, Section C-2 of the Older American's Act "home-delivered nutrition services shall be available to any person, age 60 or over, who is homebound by reason of illness, incapacitation, disability, or is otherwise isolated. The spouse of the homebound older person, regardless of age or condition, may receive a home-delivered meal if, according to criteria determined by the Area Agency on Aging, receipt is in the best interest of the homebound older person."

*Indicates agency is profiled within the White Pages

Home Delivered Meals (Cont.)

*Clearinghouse for Home Delivered Meals 648-5592

Note: The Clearinghouse can not accept calls directly from clients/seniors. This number is to be used by social workers or other service providers wishing to obtain this service for a client. The Clearinghouse is responsible for prioritizing client needs and maintaining the waiting lists for all of the home-delivered meal programs.

The general public may call any of the agencies listed below for information or service:

*Centro Latino de San Francisco 861-8758
Serves Inner Mission, Noe Valley

* Jewish Community Center, San Francisco 292-1264
Serves Richmond, Sunset; kosher nutrition

*Kimochi 931-2287
Serves Japantown, Richmond, Sunset

*Meals on Wheels 920-1111
Serves Citywide

*On Lok - 30th St. Senior Center 550-2225
Serves Mission, Noe Valley, Bernal Heights, Diamond Heights, Excelsior

*Self-Help for the Elderly 982-9171
Serves Chinatown, Tenderloin, North Beach

*Western Addition Senior Center 921-7805
Serves Western Addition

Other Resources:

*Economic Opportunity Council (E.O.C.) 247-7849
1 - 2nd Street, 2nd Floor
San Francisco, CA 94105
For surplus food locations

*Indicates agency is profiled within the White Pages

Other Resources (Cont.)

*Food Stamp Program 558-4186
1235 Mission Street (at 8th St.)
San Francisco, CA 94103
Seniors can apply by mail

*Salvation Army Senior Meals & Activities Program 777-5350
850 Harrison Street
San Francisco, CA 94107
30 sites served

*S.H.A.R.E. of Northern California 1-800-499-2506
1-510-222-2506
4075 Lakeside Drive
Richmond, CA 94806
Self-help and resource exchange; cooperative -- all ages and income levels

University of California 1-650-871-7559
Cooperative Extension
300 Piedmont, Bldg. "C", Room 305-A
San Bruno, CA 94066
Provides nutrition education only

*Indicates agency is profiled within the White Pages

FRIENDLY VISITORS

These agencies provide homebound elders who suffer from boredom, isolation and loneliness with a regular visitor:

*Center for Elderly Suicide & Grief-Related Services 752-3778
Friendship Line for the Elderly
3626 Geary Boulevard
San Francisco, CA 94118
Coordinator: Shauna Schwab

*Family Caregiver Alliance 434-3388
425 Bush Street # 500
San Francisco, CA 94108

*Gay/Lesbian Outreach for Elders (GLOE) 255-2937
New Leaf
1853 Market Street
San Francisco, CA 94103
Coordinator: Ruth Morales

*Jewish Family and Children Services 567-8860
1600 Scott Street
San Francisco, CA 94115
Coordinator: Debbi Goodman

*Little Brothers -- Friends of the Elderly 771-7957
481 O'Farrell Street
San Francisco, CA 94102
Contact: David Knego

*Meals on Wheels 920-1111
1375 Fairfax Avenue
San Francisco, CA 94103
Coordinator: Betty Lucas

*National Association for the Visually Handicapped 221-3201
3201 Balboa Street
San Francisco, CA 94121
Coordinator: Jeannine Toussaint-Caron

*Indicates agency is profiled within the White Pages

*Network For Elders
Serving the Bayview Hunters Point Community 647-5353
3450 Third Street, Building 2A, Suite 200
San Francisco, CA 94124

*Rose Resnick Lighthouse for the Blind and Visually Impaired 431-1481
214 Van Ness Avenue
San Francisco, CA 94102
Coordinator: Pam Spindler

*St. Anthony Foundation - Senior Services 241-2660
121 Golden Gate Avenue
San Francisco, CA 94102
Coordinator: Melanie Goldfeld

St. Francis Lutheran Church 621-2635
152 Church Street
San Francisco, CA 94114
Coordinator: Phyllis Zillhart

*Senior Companion Program - Family Service Agency 751-9786
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121
Coordinator: Phyllis Bauman

*Indicates agency is profiled within the White Pages

The following agencies are responsive to the needs of the Lesbian and Gay community:

*Coming Home **474-2250**
825 Van Ness Avenue, #604
San Francisco, CA 94109

Community United Against Violence (C.U.A.V.) ..... **777-5500** Admin.
973 Market Street, #500 ..... **333-HELP** Crisis Line
San Francisco, CA 94103
Crime prevention and education program

Deaf Gay & Lesbian Center ..... **255-0700** TDD only
4035 - 18th Street
San Francisco, CA 94114

G-40+ **552-1997**
P.O. Box 426741
San Francisco, CA 94142-6741
Offers social activities for gay and bisexual men age 40 and up and information and referral services

*Gay & Lesbian Outreach to Elders (G.L.O.E.) **626-7000/v.m. 134-137**
New Leaf Services
1853 Market Street
San Francisco, CA 94103
Offers social activities and various social services

*Little Brothers Friends of the Elderly **771-7957**
481 O'Farrell Street
San Francisco, CA 94102
Friendly visiting program

Lyon Martin Women's Clinics **565-7667**
1748 Market Street, Suite 201
San Francisco, CA 94102
Women's health clinic

*Indicates agency is profiled within the White Pages

*North of Market Senior Services 885-2274
333 Turk Street
San Francisco, CA 94102
Multipurpose senior center

Parents and Friends of Lesbians and Gays (P-Flag) 921-8850
P.O. Box 640223
San Francisco, CA 94164
Support group for the parents, families and friends of Lesbians and Gays

*Indicates agency is profiled within the White Pages

City Agencies:

Anonymous Drug Hotline (To report) 553-1600

Department of Elections 554-4375

*Department of Human Resources 557-4800

*Medi-Cal Information 558-1955/558-1956
1440 Harrison Street
San Francisco, CA 94103
Mailing Address: P.O. Box 7988, S.F., CA 94120

Mayor Willie L. Brown, Jr. 554-6141

*Mayor's Service of Neighborhood Center 554-7111

San Francisco Board of Supervisors: 554-5184

AMMIANO, Tom 554-5144

BIERMAN, Sue 554-6661

BROWN, Amos 554-7601

KATZ, Leslie 554-5335

KAUFMAN, Barbara 554-4880

LENO, Mark 554-7734

MEDINA, Jose 554-5405

NEWSOM, Gavin 554-5942

TENG, Mabel 554-4981

YAKI, Michael 554-7901

YEE, Leland 554-7752

*Indicates agency is profiled within the White Pages

*San Francisco Commission on the Aging 864-6051
25 Van Ness Avenue #650
San Francisco, CA 94102

*San Francisco Department of Human Services 557-5000
170 Otis Street 558-1000
San Francisco, CA 94103 557-5230 APS Intake
557-5251 Homemaker

*San Francisco Public Guardian/Administrator 554-1150
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102
Conservatorships

Small Claims Desk - Municipal Court ..... 554-4565 Taped Mess.
575 Polk Street 554-4566
San Francisco, CA 94102

Victim-Witness Assistance 553-9044
850 Bryant Street, 3rd Floor, Room 320
San Francisco, CA 94103

State Agencies

Department of Aging ..... 1-916-322-3887 Info
1600 "K" Street 1-916-324-4989 Fax
Sacramento, CA 95814

Department of Motor Vehicles 557-1179
1377 Fell Street (Baker)
San Francisco, CA 94117

Franchise Tax Board 1-800-852-5711
50 Fremont Street, 9th Floor
San Francisco, CA 94105

State Disability Claim Office 749-7400
1625 Van Ness Avenue, #400 920-5760 (for claim form)
San Francisco, CA 94109

*Indicates agency is profiled within the White Pages

State Assembly

Kevin Shelley (12th District) 885-1212
711 Van Ness Avenue, # 310
San Francisco, CA 94102

Carole Migden (13th District) 673-5560
1388 Sutter Street, Suite 710
San Francisco, CA 94109

Lou Papan (19th District) 1-650-866-3940
660 El Camino Real, Suite 214
Millbrae, CA 94030

State Senate

John Burton (3rd District) 447-1240
601 Van Ness Avenue, # 2030 ..... 346-4009 Fax
San Francisco, CA 94102

Quentin Kopp (8th District) 1-650-301-1721
2717 Junipero Serra, Suite 530
Daly City, CA 94014

Federal Offices

Administration on Aging 437-8780
50 United Nations Plaza, Room 455
San Francisco, CA 94102

Federal Information Center 1-800-688-9889

Immigration & Naturalization Service 705-4411
630 Sansome Street, Room 200
San Francisco, CA 94111

Internal Revenue Service (Federal tax & info) 1-510-839-1040
450 Golden Gate Avenue (drop-in for forms) 1-800-829-1040
San Francisco, CA 94102 1-800-829-3676 (forms)

*Indicates agency is profiled within the White Pages

U.S. Congress

Barbara Boxer (Senator) 403-0100
1700 Montgomery, Suite 240
San Francisco, CA 94111

Dianne Feinstein (Senator) 536-6868
525 Market Street, Suite 3670
San Francisco, CA 94105

Nancy Pelosi (Congresswoman - 8th District) 556-4862
450 Golden Gate Avenue, # 145378
San Francisco, CA 94102

Lynn Woolsey (Congresswoman - 6th District) 507-9554
1050 Northgate Drive, # 140
San Rafael, CA 94903

*Indicates agency is profiled within the White Pages

*[San Francisco] Department of Public Health ..... **554-2600** Adm. Ofc.
101 Grove Street **554-2500** Info
San Francisco, CA 94102

*[San Francisco] Department of Public Health -- Health Centers and Clinics:

#1 Castro/Mission Health Center ..... **487-7550** PH Nurse
3850 - 17th Street **487-7500** Clinic
San Francisco, CA 94114

#2 Maxine Hall Health Center ..... **292-1330** PH Nurse
1301 Pierce Street **292-1300** Clinic
San Francisco, CA 94115

#3 Silver Avenue Family Health Center **715-0300**
1525 Silver Avenue
San Francisco, CA 94134

#4 Chinatown Public Health Center ..... **705-8590** PH Nurse
1490 Mason Street **705-8500** Clinic
San Francisco, CA 94133

#5 Ocean Park Health Center ..... **753-8100** General
1351 - 24th Avenue
San Francisco, CA 94122

Potrero Hill Health Center **648-3022**
1050 Wisconsin Street
San Francisco, CA 94107

Southeast Health Center **715-4000**
2401 Keith Street
San Francisco, CA 94124

Tom Waddell Clinic **554-2950**
50 Ivy Street
San Francisco, CA 94102

*California Pacific Medical Center - Psychiatric Unit **923-3254**
2323 Sacramento Street, San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

Haight Ashbury Free Medical Clinic 487-5632
558 Clayton Street
San Francisco, CA 94117

•UCSF Stanford Health Care
UCSF/Mt. Zion Lakeside Senior Medical Center 586-8600
2501 Ocean Avenue
San Francisco, CA 94132

•Mission Neighborhood Health Center 552-3870
240 Shotwell Street
San Francisco, CA 94110

•Native American Health Center 621-8051
56 Julian Avenue
San Francisco, CA 94103

•Northeast Medical Services 391-9686
1520 Stockton Street
San Francisco, CA 94133

•North of Market Senior Services 885-2274
333 Turk Street
San Francisco, CA 94102

•St. Anthony Foundation -- Clinic 241-8320
105 – 107 Golden Gate Avenue
San Francisco, CA 94102

•St. Mary's Medical Clinic 750-5500
St. Mary Philippa Memorial Clinic
2235 Hayes Street, 5th Floor
San Francisco, CA 94117

•South of Market Health Center 626-2951
551 Minna Street
San Francisco, CA 94103

•Veterans Affairs Medical Center 221-4810
4150 Clement Street
San Francisco, CA 94121

•Indicates agency is profiled within the White Pages

AIDS/HIV:

*New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders (G.L.O.E.)
1853 Market Street
San Francisco, CA 94103

Northern California Hotline 1-800-FOR-AIDS
1-800-367-2437

San Francisco AIDS Foundation ..... 863-AIDS Hotline
10 United Nations Plaza
San Francisco, CA 94102

Shanti Project 864-2273
1546 Market Street
San Francisco, CA 94102
Counseling and emotional support to persons living with AIDS, their loved ones and family. Evening support groups.

U.C.S.F. AIDS Health Project
Administration Office 476-6430
1855 Folsom Street, Suite 670
San Francisco, CA 94143-0884
Mailing Address: P.O. Box 0884
Client Service 476-3902
1930 Market Street
San Francisco, CA 94102
For information on AIDS support groups and risk reduction

*Visiting Nurses & Hospice of San Francisco 750-4404
Home Health & Hospice Programs 221-9427 TDD
3360 Geary Boulevard 221-7014 Fax
San Francisco, CA 94118

Alzheimer's:

Alzheimer Association 1-800-660-1993
1-650-962-8111

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Alzheimer (cont.):

*Family Caregiver Alliance 434-3388
425 Bush Street, #500
San Francisco, CA 94108

*Goldman Institute on Aging
Alzheimer's Day Center 750-5330
3600 Geary Boulevard
San Francisco, CA 94118

*On Lok Senior Health Services 550-2230
Alzheimer's Day Care Resource Center
225 - 30th Street, 2nd Floor
San Francisco, CA 94131

*Self-Help for the Elderly 666-1888
Adult Day Services
Alzheimer's/Stroke Adult Day Health Care
408 - 22nd Avenue
San Francisco, CA 94121

Arthritis:

Arthritis Center -- UC Medical Center 476-1192
Rosalind Russell Center
350 Parnassus Avenue, # 600
San Francisco, CA 94143-0328

Arthritis Clinic of U.C.S.F. 476-4497
400 Parnassus, Room 540
San Francisco, CA 94143

Arthritis Foundation -- Northern California Chapter 356-1230
657 Mission Street, Suite 603 1-800-464-6240
San Francisco, CA 94105

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Cancer:

American Cancer Society 394-7100
235 Montgomery Street, Suite 320
San Francisco, CA 94104

Cerebral Palsy:

United Cerebral Palsy Association of San Francisco 627-6939
660 Market Street, #401
San Francisco, CA 94104

Diabetes:

*American Diabetes Association of Northern California 777-4499
631 Howard Street, #520
San Francisco, CA 94105

Hearing & Speech:

Deaf Counseling Advocacy & Referral Agency (DCARA) 749-7492
3120 Mission Street 749-7494 TTY
San Francisco, CA 94110

Deaf Gay & Lesbian Center ..... 255-0700 TDD Only
4035 - 18th Street
San Francisco, CA 94114

*Hearing Society for the Bay Area 693-5870
870 Market Street, Suite 330 834-1005 TTD
San Francisco, CA 94102 834-1620 Hearing Test

*St. Benedict's Center for the Deaf ..... 567-9855 Voice
1801 Octavia Street 567-0438 TDD
San Francisco, CA 94109

St. Luke's Speech Clinic 641-6548
1580 Valencia #508
San Francisco, CA 94110

*San Francisco Hearing and Speech Center 921-7658
1234 Divisadero 921-8990 TDD
San Francisco, CA 94115

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*San Francisco SPCA Hearing Dog Program ..... 554-3020 voice
2500 - 16th Street 554-3022 TDD
San Francisco, CA 94103

SHHH - Self Help for Hard of Hearing People 824-0188
The Sequoias, 1400 Geary Boulevard, #1409
San Francisco, CA 94109

*U.C. Center on Deafness 476-4980
3333 California Street, # 10 476-7600 TTY
San Francisco, CA 94143-1208

Heart:

*American Heart Association, San Francisco Division 433-2273
120 Montgomery Street, Suite 1650
San Francisco, CA 94104

Medical Equipment and Supplies:

Home CARES 487-5405
Equipment Recyclers of San Francisco
A non-profit organization that accepts donations of used home healthcare equipment and supplies and then redistributes them to individuals and/or organizations who could not otherwise afford them. Call the message center for more information or to donate or request equipment and supplies

Med-Sell 1-530-272-2071
10556 Combie Road, Suite 6219 1-530-455-9552
Auburn, CA 95602 1-530-273-6788 Fax
A monthly resource guide to services, new and used medical equipment, products and information for the disabled, senior citizens and health care professionals. Maintains a "Central Registry" of previously owned medical equipment and assistive devices. A non-profit organization

Medication Education

San Francisco Study Center 626-1650
Has printed material (only) regarding medication

*Indicates agency is profiled within the White Pages

Multiple Sclerosis:

*National Multiple Sclerosis Society **1-800-344-4867**
Northern California Branch
150 Grand Avenue
Oakland, CA 94612

Muscular Dystrophy:

Muscular Dystrophy Association, Inc. **1-650-570-6166**
3 Waters Park Drive #204
San Mateo, CA 94403

Podiatry:

*Pacific Coast Hospital & Foot Clinics ..... **563-3444** Clinic
1835 Ellis Street **292-0430** Recpt. Desk
San Francisco, CA 94115

Rehabilitation:

California State Department of Rehabilitation **904-7100** Voice & TDD
China Basin Landing
185 Berry Street, Lobby 7, # 180
San Francisco, CA 94107

*Independent Living Resource Center of San Francisco **543-6222**
649 Mission Street, 3rd Floor **543-6698** TTY
San Francisco, CA 94105 **543-6318** Fax

*RCH, Inc. (formerly the Recreation Center for the Handicapped) **665-4100**
207 Skyline Boulevard
San Francisco, CA 94132

*Rose Resnick Lighthouse for the Blind and Visually Impaired **441-1481**
214 Van Ness Avenue
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

•St. Mary's Medical Center 750-4978
Ben Berman Out-patient Rehabilitation Center
450 Stanyan Street, 4th Floor
San Francisco, CA 94117

Vision:

•UCSF Eye Clinic 476-3700
476-4908
8 Kirkham Street
San Francisco, CA 94143

•National Association for the Visually Handicapped 221-3201
3201 Balboa Street
San Francisco, CA 94121

•National Eye Care Project (Foundation of the American Academy of Ophthalmology) 1-800-222-EYES
1-800-222-3937
65 years or older, an American citizen or legal resident; referrals to doctors who will not charge out of pocket expenses

•Prevent Blindness -- Northern California 387-0934
4200 California Street, Suite 101
San Francisco, CA 94118

•Rose Resnick Lighthouse for the Blind and Visually Impaired 431-1481
214 Van Ness Avenue
San Francisco, CA 94102

•San Francisco Public Library for the Blind 557-4253
100 Larkin Street
San Francisco, CA 94102

Speech: (See Hearing & Speech)

Tuberculosis:

•American Lung Association of San Francisco 1-650-994-5864
1-800-LUNG-USA
2171 Junipero Serra Blvd., #720
Daly City, CA 94014

•Indicates agency is profiled within the White Pages

Other/Miscellaneous:

*Coming Home Hospice of San Francisco 861-1110
115 Diamond Street
San Francisco, CA 94114

*Community & Home Injury Prevention Project for Seniors 554-2924
CHIPPS -- San Francisco Department of Public Health
101 Grove Street, #118
San Francisco, CA 94102

*Eldercare Program -- San Francisco Department of Public Health
Ocean Park Health Center 753-8116
1351 - 24th Avenue
San Francisco, CA 94122

*Family Caregiver Alliance 434-3388
425 Bush Street #500
San Francisco, CA 94108

*Gay and Lesbian Outreach to Elders (G.L.O.E.) 626-7000
New Leaf Services
1853 Market Street
San Francisco, CA 94103

*Goldman Institute on Aging 750-4141
Linkages Program / Multi-Purpose Senior Services Program (M.S.S.P.)
3626 Geary Boulevard
San Francisco, CA 94118

*Hospice Program of Visiting Nurses & Hospice of S.F.. 750-4404
3360 Geary Boulevard 221-9427 TDD
San Francisco, CA 94118

*On Lok Senior Services 550-2250
225 - 30th Street
San Francisco, CA 94131

*San Francisco Medical Society 561-0850
1409 Sutter Street
San Francisco, CA 94109
For referrals to doctors, specialists, etc.

*Indicates agency is profiled within the White Pages

Included below are resources helping persons that are homeless in San Francisco:

Information & Referral Services:

Emergency Housing Assistance -- S.F. Dept. of Human Services 558-4773
1235 Mission Street
San Francisco, CA 94103
Hospital and medical referrals only

*Homeless Advocacy Project -- S.F. Bar Association 974-6541
*Puts together a **Homeless Resource Guide***

*Homelessness Prevention Helplink of
Northern California Council for the Community 772-HELP

*Senior Information & Referral -- S.F. Commission on the Aging 626-1033

Note: **The San Francisco Free Eats & Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or for more information, call Senior I & R at 626-1033 or the Northern California Council for the Community - Helplink at 772-HELP.**

Legal:

Homeless Advocacy Project -- S.F. Bar Association 974-6541
995 Market Street, Suite 915
San Francisco, CA 94103

Shelters:

Cadillac Hotel 673-7223
380 Eddy Street
San Francisco, CA 94102
Accepts calls from agencies only

*Episcopal Sanctuary 863-3893
201 - 8th Street
San Francisco, CA 94103
Serves men and women

*Indicates agency is profiled within the White Pages

Hamilton Family Shelter 665-2354
1525 Waller Street
San Francisco, CA 94117

Marianne Resident for Women 703-8825
1171 Mission Street
San Francisco, CA 94102

Multi-Service Center -- North of Market 292-2180
1001 Polk Street
San Francisco, CA 94109
Serves men and women adults

Multi-Service Center -- South of Market 597-7960
525 - 5th Street
San Francisco, CA 94103
Serves men only

Raphael House 474-4000
1065 Sutter Street
San Francisco, CA 94109

*St. Anthony Shelters 241-2688
Serving women only

*Salvation Army 292-2568
341 Eddy Street
San Francisco, CA 94102

Tenderloin Self Help Center 565-3516
191 Golden Gate Avenue
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

HOSPITALS

California Pacific Medical Center -- California Campus 387-8700
3700 California Street
San Francisco, CA 94118

California Pacific Medical Center -- California Campus East 387-8700
3698 California Street
San Francisco, CA 94118

California Pacific Medical Center -- Pacific Campus 563-4321
2333 Buchanan Street
San Francisco, CA 94115

Chinese Hospital 982-2400
845 Jackson Street
San Francisco, CA 94133

Davies Medical Center 565-6000
Castro and Duboce Street
San Francisco, CA 94114

Kaiser Hospital -- French Campus 202-2000
4131 Geary Boulevard
San Francisco, CA 94118

Kaiser Permanente Center -- San Francisco Medical Center 202-2000
2425 Geary Boulevard
San Francisco, CA 94115

*Laguna Honda Hospital 664-1580
375 Laguna Honda Boulevard
San Francisco, CA 94116

Langley Porter Psychiatric Hospital 476-7000
401 Parnassus Avenue
San Francisco, CA 94143

Mount Zion Medical Center of U.C.S.F. 567-6600
1600 Divisadero Street
San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

St. Francis Memorial Hospital 353-6000
900 Hyde Street
San Francisco, CA 94109

St. Luke's Hospital 647-8600
3555 Caesar Chavez Street
San Francisco, CA 94110

St. Mary's Medical Center 668-1000
450 Stanyan Street
San Francisco, CA 94117

*San Francisco General Hospital 206-8000
1001 Potrero Avenue
San Francisco, CA 94110

Seton Medical Center 1-650-992-4000
1900 Sullivan Avenue
Daly City, CA 94015

University of California -- San Francisco Medical Center 476-1000
505 Parnassus Avenue
San Francisco, CA 94143

*Veteran's Administration Hospital 221-4810
4150 Clement Street
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*American Red Cross 85 Second Street San Francisco, CA 94105 ■427-8000	✓			
Cadillac Hotel 380 Eddy Street San Francisco, CA 94102 ■673-7223 Referrals from agencies only	✓	✓		
Casa de las Madres, La 965 Mission Street, Suite 300 San Francisco, CA 94103 ■333-1515	✓			
Christmas In April Pier 28 San Francisco, CA 94103 ■905-1611				✓
Coalition for Low Income Housing (for HUD Subsidized & public Housing) 1095 Market St., #305 San Francisco, CA 94103 ■487-3933 Counseling 487-3922			✓	
Code Enforcement Rehabilitation Fund (C.E.R.F.) ■252-3177			✓	✓
Community Home Injury Preven-tion Project for Seniors (CHIPPS) 101 Grove Street, Room 118 San Francisco, CA 94102 ■554-2924				✓
Community Housing Rehabilita-tion Program (C.H.R.P.) ■252-3177				✓

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Evictee Assistance Service & Education (EASE) One 2nd Street, 3rd Floor San Francisco, CA 94105 ■**597-7734**	✓		✓	
Eviction Defense Collaborative, S.F. 942 Market Street, Suite 312 San Francisco, CA 94102 ■**986-9586** Mon. - Fri. 10-12 & 1-3	✓ Legal		✓	
Home Energy Assistance Program (H.E.A.P.) ■**1-800-433-4327**			✓	
Housing Authority 440 Turk Street San Francisco, CA 94102 ■**554-1200**		✓		
*Housing Rights Committee of San Francisco, The 942 Market Street, #303 San Francisco, CA 94102 ■**398-6200**			✓	
Housing Conservation & Development Corporation 1637 Ocean Avenue San Francisco, CA 94112 ■**586-8000**				✓
*Independent Living Resource Center 649 Mission Street, 3rd Floor San Francisco, CA 94105 ■**543-6222**			✓	
*Jewish Family & Children's Services 1600 Scott Street San Francisco, CA 94115 ■ **567-8860**	✓		✓	✓

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Lutheran Care for the Aging 1031 Franklin Street San Francisco, CA 94109 ■441-7777 *Accepts referrals from agencies*	✓		✓	
*Mayor's Citizen Assistance and Neighborhood Outreach Center 401 Van Ness Avenue, #416 San Francisco, CA 94102 ■554-7111			✓	
*Mayor's Office of Housing 25 Van Ness Avenue, Suite 600 San Francisco, CA 94102 ■252-3177			✓	
*Night Ministry, San Francisco 432 Mason Street San Francisco, CA 94102-1799 ■986-1464	✓			
North of Market Planning Coalition 166 Eddy Street San Francisco, CA 94102 ■474-2164			✓	
*Northern California Community Services, Inc. (formerly the United Way Helplink) 50 California Street, #200 San Francisco, CA 94111 ■772-HELP or 772-4357			✓	
*Raphael House 1065 Sutter Street San Francisco, CA 94109 ■474-4621 *For families only*	✓			

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Residential Rent Stabilization & Arbitration Board 25 Van Ness Avenue, Room 320 San Francisco, CA 94102 ■**252-4600**			✓	
*Salvation Army Senior Meals, Activities & Support 850 Harrison Street San Francisco, CA 94107 ■**777-5350**	✓		✓	
San Francisco Association of Residential Care Homes, Inc. 760 35th Avenue San Francisco, CA 94121 ■**387-3292** / Pat Nobis **871-7285**		✓	✓	
*San Francisco Homeshare 801 Portola Drive, Suite 209 San Francisco, CA 94127 ■**759-3760**			✓	
*San Francisco Residential Care Facility for the Elderly Referral Service 407 Sansome Street, 4th Floor San Francisco, CA 94111 ■**438-4800**			✓	
*San Francisco Tenants Union 558 Capp Street (21st Street) San Francisco, CA 94110 ■**282-6622**			✓	
Self-Help for the Elderly 407 Sansome Street, Suite 300 San Francisco, CA 94111 ■**982-9171**			✓	

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Senior Information and Referral S. F. Commission on the Aging 25 Van Ness Avenue #650 San Francisco, CA 94102 ■626-1033			✓	
Tenderloin Housing Clinic 126 Hyde Street, 2nd Floor San Francisco, CA 94102 ■771-9850 *Drop-in clinic for No. & So. of Market residents* *Mon.- Fri. 9-5*			✓	
TODCO - Tenants and Owners Development Corporation 230 4th Street San Francisco, CA 94103 ■281-5607			✓	
*W.O.M.A.N., Inc. 333 Valencia Street #251 San Francisco, CA 94103 ■864-4722 – *24 hour crisis line*	✓		✓	

*Indicates agency is profiled within the White Pages

IMMIGRATION AND NATURALIZATION

The following agencies serve the elderly and disabled immigrant communities, assisting them through the immigration/naturalization process. The agencies are listed according to their specific area of expertise.

Legal Services/Training: Offers legal expertise, case management, fills out N400's

*Asian Law Caucus 391-1655

*Bar Association of San Francisco 982-1600
Lawyer Referral Program 989-1616

*Catholic Charities 442-5217

Center for Employment & Training 255-8880

Central American Resource Center 824-2330

Immigration Legal Resource Center 255-9499
(not a direct service provider, available for individual counsel by agencies, no direct client calls)

*International Institute of San Francisco 538-8100

*Jewish Family and Children Services 474-0234

*La Raza Centro Legal 575-3500

Lawyers Committee for Civil Rights 543-9444
Political and immigration only

Legal Aid Society of San Francisco 864-8848
Employment law only

*Nihonmachi Legal Outreach 567-6255

Northern California Coalition for Immigrant Rights 243-8215
Spanish line 543-6767

*Southeast Asian Community Center 885-2743

Application Assistance: Assists in filling out N400's but are not legal experts

*Centro Latino de San Francisco (for seniors only) 861-8758

*Indicates agency is profiled within the White Pages

*Korean Center 441-1881

*North of Market Senior Services 885-2274

*Self-Help for the Elderly 982-9171

Information and Referral: Offers information and refers clients to other organizations over wide variety of issues

*Asian Law Caucus 391-1655

*Catholic Charities 442-5217

Central American Resource Center 824-2330

*Centro Latino de San Francisco 861-8758

*Commission on the Aging - Senior Information and Referral 626-1033

*International Institute of San Francisco 538-8100

Jewish Community Information & Referral 777-4545

*Jewish Family and Children Services 474-0234

*La Raza Centro Legal 575-3500

*Nihonmachi Legal Outreach 567-6255

No California Coalition for Immigrant Rights 543-6767

*San Francisco Senior Center - Downtown Branch 771-7950

*Self-Help for the Elderly 982-9171

*Senior Central #1 (Richmond Area) 752-2815

*Senior Central #2 (Western Addition/Marina) 567-3900

*Senior Central #3 (Chinatown and North beach) 438-4800

*Senior Central #4 (Central City/Potrero Hill) 931-6000

*Indicates agency is profiled within the White Pages

*Senior Central #5 (Mission/Noe Valley) 920-0588

Senior Central #6 (Bayview Hunters Point) 647-5353

Senior Central #7 (Visitation Valley/Excelsior) ... 330-1789

Senior Central #8 (OMI) 586-0450

Senior Central #9 (Inner Sunset/Haight Ashbury) .. 982-9171

*Senior Central #10 (Outer Sunset) 682-2800

*Senior Information and Referral (Citywide) 626-1033

Advocacy: Maintains contact with media and political organizations and keeps abreast of issues

*Asian Law Caucus 391-1655

*Catholic Charities 442-5217

Center for Employment Training 255-8880

Central American Resource Center 824-2330

Immigration Legal Resource Center 255-9499

*Jewish Family and Children's Services 474-0234

*La Raza Centro Legal 575-3500

Mexican American Legal Defense & Educational Fund
(MALDEF) 543-5598

No. California Coalition for Immigrant Rights 543-6767

*Indicates agency is profiled within the White Pages

Information and Referral is a service which informs, guides, directs and links people in need to the appropriate human service which alleviates or eliminates that need. Because of the number of service options, entry into the system by individuals in need can be very difficult. I & R services provide access into the human service network by collecting and sharing information about available options, and by enabling help-seekers to make informed decisions.

Senior Information and Referral Services

***Senior Information and Referral** 626-1033
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
The City-Wide Service

ElderCare Locator 1-800-677-1116
To access Senior Information and Referral in any part of the United States; helpful to know the zip code area you are inquiring about

State of California - ElderCare Locator 1-800-510-2020
Will automatically connect senior to the Senior Information and Referral service in their zip code area

Senior Centrals

Providing neighborhood access to information and referral

***Senior Central #1** (Richmond Area) 752-2815
6221 Geary Boulevard, 3rd Floor (25th Avenue)
San Francisco, CA 94121

***Senior Central #2** (Western Addition/Marina) ... 567-3900
1684 Post Street
San Francisco, CA 94115

***Senior Central #3** (Chinatown and North Beach) 438-4800
407 Sansome Street, 4th Floor
San Francisco, CA 94111

***Senior Central #4** (Central City/Potrero Hill)
472 Turk Street
San Francisco, CA 94102 931-6000
360 4th Street
San Francisco, CA 94102 777-3233

*Indicates agency is profiled within the White Pages

***Senior Central #5** (Mission/Noe Valley). 920-0588
225 30th Street
San Francisco, CA 94131

Senior Central #6 (Bayview Hunters Point). 647-5353

Senior Central #7 (Visitacion Valley/Excelsior). 330-1789
66 Raymond Street
San Francisco, CA94134

Senior Central #8 (OMI). 586-0450
446 Randolph Street
San Francisco, CA 94132

Senior Central #9 (Inner Sunset/Haight Ashbury). 982-9171

***Senior Central #10** (Outer Sunset). 682-2800
2451 Judah Street
San Francisco, CA 94122

Other Information and Referral Services:

Jewish Community Information and Referral. 777-4545

*La Raza Information Center 863-0764
474 Valencia Street, Suite 100
San Francisco, CA 94103

*Mayor's Office and Neighborhood Services 554-7111
401 Van Ness Avenue, #416
San Francisco, CA 94102

Mental Health Information and Referral 981-4700

*Northern California Council for Community.. 772-4357
Helplink Information and Referral 772-HELP
50 California Street, Suite 200 . . . . . 772-4440 TTY
San Francisco, CA 94111-4696

*San Francisco Department of Human Services
Information and Referral. 557-5000
558-1000

*Indicates agency is profiled within the White Pages

SENIOR INFORMATION AND REFERRAL FOR OTHER BAY AREA COUNTIES

Alameda
- North and South 1-510-567-8045
- City of Oakland 1-510-238-3931

Contra Costa
- Central 1-925-313-1720
- West 1-925-374-3943
- East 1-925-706-4853

Marin 1-415-456-9062
..... 1-415-457-4636

Napa
- North 1-707-963-3922
- South 1-707-252-6222

San Francisco 1-415-626-1033

San Mateo 1-800-675-8437

Santa Clara 1-408-345-4532

Solano
- Vallejo 1-707-643-1797
- Vacaville 1-707-446-4242

Sonoma 1-707-525-0143

ElderCare Locator 1-800-677-1116

To access Senior Information and Referral in any part of the United States

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

The following agencies provide in-home supportive care and services ranging from homemaker to registered nurses, depending upon need:

AGENCY NAME	Medi-Cal	Medi-care	Home-maker	Non-Profit	24 Hour
Addus Health Care 1385 Mission Street, Suite 305 San Francisco, CA 94103 ■**863-2474**			✓		
Asian American Home Care, Inc. 402 8th Avenue, Suite 203 San Francisco, CA 94118 ■**434-0138**	✓	✓	✓		✓
Arcadia Health Care 4200 18th Street, Suite 103 San Francisco, CA 94114 ■**255-2880**	✓	✓	✓		✓
Aunt Ann's Agency 731 Market Street, Suite 400 San Francisco, CA 94103 ■**974-3530**			✓		✓
Baker Anderson Christies, Inc. 3025 Fillmore Street, Suite E San Francisco, CA 94123 ■**674-0590**			✓		✓
Caring Hands/Manos Cariñosos 3543 18th Street, #6 San Francisco, CA 94110 ■**626-2128**			✓	✓	
*Catholic Charities 814 Mission Street, 3rd Floor San Francisco, CA 94103 ■**442-6836**			✓	✓	
CHS Home Health Agency 399 Buena Vista East San Francisco, CA 94117 ■**447-1283**		✓	✓	✓	✓

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-care	Home-maker	Non-profit	24 Hours
City Health, Inc 150 No. Hill Drive, #19 Brisbane, CA 94005 ■330-3339			✓		✓
Comprehensive Community Home Health and Hospice 150 No. Hill Drive, #20 Brisbane, CA 94005 ■330-3333 / 330-3321 Fax	✓	✓	✓		✓
DiCarlo Home Care 833 Market Street, Suite 614 San Francisco, CA 94103 ■882-7789			✓		✓
*Elderly Teen Connection part of Young Life of S.F. 222 Plymouth Avenue San Francisco, CA 94112 ■584-0300				✓	
*Enterprise for High School Students 450 Mission Street, Suite 408 San Francisco, CA 94105 ■896-0909 / 896-0933 Fax				✓	
Gayle Danz Home Care 4630 Geary Blvd., #201 San Francisco, CA 94118 ■221-2405			✓		✓
Help at Home Program Jewish Family and Children's Services 2180 Post Street San Francisco, CA 94115 ■561-1256			✓	✓	
Home Health Plus 333 Gellert Blvd., Suite 113 Daly City, CA 94015 ■1-800-794-2979 / 1- 650-301-3653 Fax	✓	✓	✓		✓

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
Home Sweet Home Care 3109 Sacramento Street San Francisco, CA 94115 ■**776-7337**			✓		✓
Hospice Preferred Choice , Inc. 785 Market Street, Suite 850 San Francisco, CA 94103 ■**979-0925**	✓	✓			✓
*IHSS Public Authority of San Francisco 942 Market Street, Suite 509 San Francisco, CA 94102 ■**981-4477** (Referral Service Only)	✓		✓	✓	
*Independent Living Resource Center of San Francisco 649 Mission Street San Francisco, CA 94105 ■**543-6222 and 543-6698** (TDD)			✓	✓	
*In-Home Support Services Consortium 1370 Mission Street, 2nd floor San Francisco, CA 94103 ■**255-2079**	✓		✓	✓	
Interim Health Care 1725 Clay Street, #100 San Francisco, CA 94109 ■**673-7500**	✓	✓			✓
Kaiser Home Health Department 4131 Geary Blvd. San Francisco, CA 94118 ■**202-2770**		✓		✓	
*Kimochi, Inc. 1684 Post Street San Francisco, CA 94115 ■**931-2275 / 931-2294** Admin.			✓	✓	

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
Nurse Providers 355 Gellert Blvd., #150 Daly City, CA 94015 ■1-650-992-5820		✓	✓		✓
Olsten Health Services 221 Main Street, #440 San Francisco, CA 94105 ■957-1970	✓	✓	✓		✓
Care Resource 375 South Mayfair Avenue, #270 Daly City, CA 94015 ■1-650-301-3270			✓		✓
*San Francisco Department of Human Services 1650 Mission Street, 2nd Floor San Francisco, CA 94103 ■557-5251			✓		
*Self-Help for the Elderly Home Care Unit and In-home Emergency Program 407 Sansome Street San Francisco, CA 94111 ■982-9171	✓	✓	✓		
Staff Builders Home Health Care Services 1838 El Camino Real, #109 Burlingame, CA 94010 ■1-650-652-9128 or 1-800-380-3886	✓	✓	✓		✓
Stat Nursing Service 1545 Broadway San Francisco, CA 94109 ■673-9791			✓		✓
*UCSF - Mt. Zion Homecare 3330 Geary Blvd., 1st Fl San Francisco, CA 94118 ■476-8287	✓	✓		✓	✓

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
*Visiting Nurses & Hospice of San Francisco 3360 Geary Boulevard San Francisco, CA 94118 ■**750-4404**	✓	✓			

*Indicates agency is profiled within the White Pages

Health Insurance Counseling and Advocacy Program (HICAP) assists individuals and families with Medicare problems and other health insurance concerns. Trained volunteer counselors provide objective information on Medicare or will help individuals file Medicare or other health insurance claims, understand his or her coverage and consumer rights, and evaluate his or her insurance and health care needs.

*Health Insurance Counseling and Advocacy Program (HICAP) **861-4444**
Legal Assistance to the Elderly
1453 Mission Street, 5th Floor
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

The following agencies provide assistance with matters pertaining to the law (e.g., wills, durable power of attorney, etc.) or related matters:

*American Civil Liberties 621-2493
1663 Mission Street, #460 621-2488 For counseling
San Francisco, CA 94103
Call between 10:00 am - 3:00 pm; no drop-ins

*Asian Law Caucus 391-1655
720 Market Street, Suite 500
San Francisco, CA 94102

*Coming Home 474-2250
825 Van Ness Avenue, #604
San Francisco, CA 94109

*Consumer Protection Unit 553-1814
District Attorney's Office
732 Brannan Street
San Francisco, CA 94103

*La Raza Centro Legal 575-3500
474 Valencia Street, Suite 295
San Francisco, CA 94103

*Lawyer Referral Service 989-1616
Bar Association of San Francisco
465 California Street, #1100
San Francisco, CA 94104

Legal Aid Society of San Francisco 864-8848
1663 Mission Street, #400
San Francisco, CA 94103

*Legal Assistance to the Elderly 861-4444
1453 Mission Street, Room 500
San Francisco, CA 94103

*Nihonmachi Legal Outreach 567-6255
1188 Franklin Street, Suite 202 567-6248 Fax
San Francisco, CA 94109

*Indicates agency is profiled within the White Pages

*Office of Conservatorship Services 255-3680
San Francisco Department of Public Health
1380 Howard Street, Room 222
San Francisco, CA 94103

*Patient's Rights Advocacy Services (P.R.A.S.) 552-8100
2325 - 3rd Street, #221
San Francisco, CA 94107
Primarily for mental health patients

Lawyers' Committee for Civil Rights 543-9444
301 Mission Street, Suite 400
San Francisco, CA 94105

*San Francisco Neighborhood Legal Assistance Foundation 982-1300
225 Bush Street, 7th Floor
San Francisco, CA 94104

*San Francisco Public Guardian 554-1150
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102

Small Claims Court 551-4000
400 McAllister Street
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

The following agencies serve as the licensing and certification bodies for several of the agencies serving the elderly:

Adult Day Health Centers:

License required. For information contact:

California Department of Health Services 1-650-301-9971
Licensing and Certification
District Office
350 - 90th Street
Daly City, CA 94015

Adult Social Day Care:

License required. For information contact:

State Department of Human Services 1-650-266-8800
Community Care Licensing Division
851 Traeger Avenue, Suite 360
San Bruno, CA 94066

Board & Care Homes/Residential Care Facilities:

Licensing Bureau for non-medical care:

State Department of Human Services 1-650-266-8800
Community Care Licensing Division
851 Traeger Avenue, Suite 360
San Bruno, CA 94066

Congregate Meal Sites & Home-Delivered Meals

No license from state required. County health inspection required. For information contact:

State Department of Aging 1-916-323-1128

*San Francisco Commission on the Aging 864-6051

*Indicates agency is profiled within the White Pages

Convalescent Homes (Skilled Nursing Facilities):

Licensing required. For information contact:

*California State Department of Health Services 1-650-301-9971
Licensing and Certification Section
District Office
350 90th Street, 2nd Floor
Daly City, CA 94015

Hospice:

Licensing required. For information contact:

*California State Department of Health Services 1-650-301-9971
Licensing and Certification Section
District Office
350 90th Street
Daly City, CA 94015

In-Home Health Care & Homemaker Service/Home Health Agencies:

Licensing required for health agencies (nursing services), for information contact:

*California State Department of Health Services 1-650-301-9971
Licensing and Certification Section
District Office
350 90th Street
Daly City, CA 94015

or for reporting purposes, contact:

San Francisco Department of Human Services 557-5253

Retirement Homes:

No license required

*Indicates agency is profiled within the White Pages

Senior Centers:

No license required. For information regarding setting up a senior center or other general information, contact:

Department of Aging **1-916-322-5290**

*Indicates agency is profiled within the White Pages

Center for Special Problems 292-1500
1700 Jackson (Van Ness)
San Francisco, CA 94109

Department of Public Health, San Francisco:
Division of Mental Health (DMH):

Community Mental Health Services
San Francisco Mental Health Plan (SFMHP) 1-888-246-3333
1380 Howard Street, 5th Floor 255-3737
San Francisco, CA 94103

*DMH - Central City Seniors Unit
Geriatric Assessment Services 558-5900
90 Van Ness Avenue
San Francisco, CA 94102
Serves Tenderloin, South of Market to Bush, Central City

*DMH - Southeast Mission Geriatric Services 337-4722
3905 Mission Street
San Francisco, CA 94112
Serves Bayview-Hunter's Point, Mission, Outer Mission, Potrero Hill, Visitacion Valley .....

*DMH - Chinatown North Beach Mental Health Services 352-2000
729 Filbert Street
San Francisco, CA 94133
Serves Chinatown, North Beach

*DMH - Mission Integrated Service Center 554-9980
111 Potrero Street
San Francisco, CA 94103

*DMH - Geriatric System of Care
Comunity Mental Health Service 255-3400
1380 Howard Street, 5th Floor
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

Note: Emergency Psychiatry at San Francisco General for all Geriatric Mental Health Centers 206-8125

*Department of Public Health, San Francisco 255-3680
Office of Conservatorship Services
1380 Howard Street, 2nd Floor
San Francisco, CA 94103
Provides conservatorships for mentally ill or those clients unable to provide for their own food, clothing or shelter

*Family Caregiver Alliance 434-3388
425 Bush Street #500
San Francisco, CA 94108
For stroke and brain impaired adults

*Family Service Agency of San Francisco
Geriatric Mental Health Services ..... 474-7310 x 431
1010 Gough Street
San Francisco, CA 94109
Serves Fillmore, Haight, Marina, Pacific Heights, parts of Tenderloin, Western Addition

*Family Service Agency of San Francisco
Geriatric Mental Health Services 386-6600
6221 Geary Boulevard, 1st Floor
San Francisco, CA 94121
Serves OMI, Richmond, Sunset

Fort Help 546-7779
965 Mission Street, #520
San Francisco, CA 94103
Psychotherapy center staffed by licensed staff - MFCC and interns

Goldman Institute of Aging 885-7415
Geriatric Mental Health Program
1710 Scott Street, 2nd Floor
San Francisco, CA 94115

McAuley Neuropsychiatric Institute 750-5661
2200 Hayes Street
San Francisco, CA 94117

*Indicates agency is profiled within the White Pages

Mental Health Association of San Francisco 882-6230
965 Mission Street, #425
San Francisco, CA 94103

•New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders (G.L.O.E.)
1853 Market Street
San Francisco, CA 94103

•Northern California Council for the Community, Inc. (NCCC) 772-4357
Information and Referral Service (Toll-free) 1-800-273-6222
HELPLINK (Spanish) 772-4444
50 California Street, Suite 200
San Francisco, CA 94111
Has information about self-help groups throughout the Bay Area

•Patients' Rights Advocacy Services (P.R.A.S.) 552-8100
2325 3rd Street, Suite 221
San Francisco, CA 94107

•Progress Foundation -- Senior Programs 821-0697
1405 Guerrero Street
San Francisco, CA 94110
Carroll House, Rypins House

Richmond Area Multi-Services, Inc (RAMS) 668-5955
3626 Balboa Street
San Francisco, CA 94121

•San Francisco Suicide Prevention, Inc.
Community Mental Health Services Information & Referral 981-4700
Crisis Line 781-0500
Office/Administrative 984-1900
P.O. Box 191350, San Francisco, CA 94119-1350

•Indicates agency is profiled within the White Pages

Administration on Aging 437-8780
50 United Nations Plaza - Room 455
San Francisco, CA 94102

*American Society on Aging 974-9600
833 Market Street, Room 511
San Francisco, CA 94103-1824

*Coalition of Agencies Serving the Elderly (CASE) 646-0898
24 Ellis Street, #101
San Francisco, CA 94102

Gerontological Society 1-202-842-1275
1275 K Street, N.W., Suite 350
Washington, D.C. 20005-4006

National Asian Pacific Center on Aging 1-206-624-1221
Melbourne Tower
1511 3rd Avenue, Suite 914
Seattle, WA 98101

National Association for Hispanic Elderly 1-213-487-1922
1452 West Temple Street, #100, 1st Floor
Los Angeles, CA 90026

National Hispanic Council on Aging 1-202-265-1288
2713 Ontario Road, NW
Washington, D.C. 20009

National Caucus and Center on Black Aged 1-202-637-8400
1424 K Street, N.W., Suite 500
Washington, D.C. 20005

National Council on Aging (NCOA) 1-213-365-0700
2500 Wilshire Boulevard, Suite 1111
Los Angeles, CA 90057

National Council on the Aging (NCOA) 1-202-479-1200
409 3rd Street, S.W., Suite 200
Washington, D.C. 20024

*Indicates agency is profiled within the White Pages

Respite care offers temporary rest for the family of an elderly or disabled person. Caregivers may choose to arrange for respite lasting from an hour to several days or weeks depending on the type of respite selected/needed. Respite resources are listed below under:

- Out-of-Home Care
- In-Home Care
- Overnight, Out-of-Home Care

Out-of-Home Care

*Bayview Hunter's Point Adult Day Health Center **826-4774**
1250 La Salle Avenue
San Francisco, CA 94124

*Family Caregiver Alliance **434-3388**
425 Bush Street, # 500
San Francisco, CA 94108
Information and Referral about respite

*Goldman Institute on Aging
Linkages Program **750-4141**
3626 Geary Blvd.
San Francisco, CA 94118
Information and Referral

*Goldman Institute on Aging
Multi-Purpose Senior Services Program, ... **750-4141**
3626 Geary Blvd.
San Francisco, CA 94118

*Hospice Program - Visiting Nurses & Hospice of San Francisco **750-4404**
3360 Geary Boulevard
San Francisco, CA 94118

*Independent Living Resource Center **543-6222**
649 Mission Street, 3rd Floor
San Francisco, CA 94105
Keeps an updated listing of respite resources

*Indicates agency is profiled within the White Pages

Out-of Home Care (Cont.)

*Kimochi, Inc. 931-2294
1684 Post Street
San Francisco, CA 94115

*Laguna Honda Hospital 759-2327
375 Laguna Honda Blvd.
San Francisco, CA 94116

*North & South of Market Adult Day Health Center 923-9085
230 Jones Street
San Francisco, CA 94102

*North & South of Market Adult Day Health Center 882-7301
55 Mabini
San Francisco, CA 94107

*On Lok Senior Health Services 292-8888
1333 Bush Street
San Francisco, CA 94109

*On Lok - 30th Street Adult Day Health Center 550-2230
225 30th Street
San Francisco, CA 94131

*RCH, Inc (formerly the Recreation Center for the Handicapped). 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

San Francisco Association of Residential Care Homes, Inc. 387-3297
760 35th Avenue
San Francisco, CA 94121
Pat Nobis, Director

*San Francisco Residential Care Facility Referral for the Elderly 438-4800
407 Sansome Street, 4th Floor
San Francisco, CA 94111

*Indicates agency is profiled within the White Pages

*St. Mary's Adult Day Health Care Center 334-4000
35 Onondaga Avenue
San Francisco, CA 94112

In-Home Care

Addus Health Care 863-2474
1385 Mission Street,#305
San Francisco, CA 94103

Arcadia Health Care 255-2880
4200 18th Street, Suite 103
San Francisco, CA 94114

Aunt Ann's Agency 974-3530
731 Market Street, #400
San Francisco, CA 94103

*Catholic Charities - San Francisco 281-1200
814 Mission Street
San Francisco, CA 94103

CHS Home Health 447-1283
399 Buena Vista East, 6K
San Francisco, CA 94117

City Health, Inc. 330-3339
150 North Hill Drive, # 19
Brisbane, CA 94005

Comprehensive Community Home Health & Hospice 330-3333
150 North Hill Drive, # 20
Brisbane, CA 94005

Gayle Danz Home Care 221-2405
4630 Geary Boulevard, # 201
San Francisco, CA 94118

*Jewish Family and Children's Services - Help at Home 561-1256
2180 Post Street
San Francisco, CA 94115

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In-Home Care (Cont.)

Olsten Health Services 957-1970
221 Main Street, # 440
San Francisco, CA 94105

*Self-Help for the Elderly 982-9171
407 Sansome Street
San Francisco, CA 94111

Staff Builders Home Health Care Services 1-650-652-9128
1838 El Camino Real, # 109
Burlingame, CA 94010

Stat Nursing Service 673-9791
1545 Broadway Street
San Francisco, CA 94109

Overnight, Out-of-Home Care

Golden Gate Health Care Center 563-7600
2707 Pine Street
San Francisco, CA 94115

*Kimochi Residential Care 922-9972
1531 Sutter Street
San Francisco, CA 94109

Laurel Heights Convalescent Hospital 567-3133
2740 California Street
San Francisco, CA 94115

*Laguna Honda Hospital 759-2327
375 Laguna Honda Blvd.
San Francisco, CA 94116

*On Lok 292-8888
1333 Bush Street
San Francisco, CA 94109

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*RCH, Inc. 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

San Francisco Association of Residential Care Homes, Inc. 387-3297
760 35th Avenue
San Francisco, CA 94121
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San Francisco, CA 94111

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SENIOR CENTERS AND CLUBS

SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Alice Chalmers 670 Brunswick/Whittier San Francisco, CA 94112 ■**337-4711** (Th. 10 am - 2 pm)			✓	
Alexis Apartments 390 Clementina Street San Francisco, CA 94103 ■**495-3690**				✓
*All Hallows Community 1711 Oakdale Avenue San Francisco, CA 94124 ■**550-1637**		✓		
*American Association of Retired Persons (AARP) *Numerous chapters in S.F.* ■**626-1033** - call for list of chapters				✓
*Aquatic Park -- S.F. Senior Centers 890 Beach Street San Francisco, CA 94109 ■**775-1866**	✓	✓		
*Bayview Hunters Point Senior Center 1706 Yosemite Avenue San Francisco, CA 94124 ■**822-1444**	✓	✓		
*Bernal Heights Neighborhood Center 515 Cortland Avenue San Francisco, CA 94110 ■**206-2142**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Booker T. Washington Community Service Center 800 Presidio Avenue San Francisco, CA 94115 ▪**928-6596**		✓		
California Retired Teachers Association San Francisco Division Dr. Victor Rossi 76 Springfield Drive San Francisco, CA 94132 ▪**664-3023**				✓
Calvary Presbyterian Senior Center Calvary Presbyterian Church 2515 Fillmore Street San Francisco, CA 94115 ▪**346-3832** (Tu. 11 am - 1 pm)				✓
*Canon Kip Community House 705 Natoma Street San Francisco, CA 94103 ▪**861-6801**	✓	✓		
Cayuga Center Cayuga & Naglee Streets San Francisco, CA 94112 ▪**337-4714** (M. & Tu. 10 am - 2 pm)			✓	
*Centro Latino de San Francisco, Inc. 1656 - 15th Street San Francisco, CA 94103 ▪**861-8758**	✓	✓		
Chinese Center Washington & Mason Streets San Francisco, CA 94108 ▪**292-2017** (1st, 2nd & 3rd Tu., 11 am - 2 pm)			✓	✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Corpus Christi Seniors 62 Santa Rosa Avenue San Francisco, CA 94112 ■**585-2991** (M. 10 am - 2 pm)				✓
Crocker Amazon Geneva Avenue & Moscow Street San Francisco, CA 94112 ■**337-4708** (Th. 10 am - 3 pm)			✓	
*Diamond Senior Center Golden Gate Senior Services 117 Diamond Street San Francisco, CA 94114 ■**863-3507**	✓	✓		
Doelger Seniors Center 101 Lake Merced Boulevard Daly City, CA 94015 ■**1-650-991-8012**	✓	✓		
*Downtown Senior Center San Francisco Senior Centers 481 O'Farrell Street San Francisco, CA 94102 ■**771-7950**	✓	✓		
Ella Hill Hutch Senior Club 1050 McAllister Street San Francisco, CA 94115 ■**921-6276**				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Epiphany Senior Club Church of the Epiphany 847 Vienna Street San Francisco, CA 94112 ▪333-7630 (Fri. 10am - 2pm)				✓
Eureka Valley Recreation Center 100 Collingwood Street San Francisco, CA 94114 ▪554-9528 (W. 10am - 3pm)			✓	
Excelsior Russia and Madrid Streets San Francisco, CA 94112 ▪337-4709 (Th. 10am - 2pm)			✓	
*Filipino-American Council of San Francisco 3416 - 19th Street San Francisco, CA 94110 ▪626-0773	✓	✓		
Filipino Community Inc. of San Francisco 2970 California Street San Francisco, CA 94115 ▪346-7252				✓
*Filipino Senior Citizens Club 83 - 6th Street San Francisco, CA 94103 ▪896-9043	✓			
First Baptist Church Senior Group 21 Octavia Street San Francisco, CA 94102 ▪863-3382 (T. 9:30am - 2pm)				✓
*Francis of Assisi 145 Guerrero Street San Francisco, CA 94103 ▪861-5790 / 621-4092				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Glen Park (Men's Group) Bosworth & O'Shaughnessy Boulevard San Francisco, CA 94131 ■**337-4705** (1st & 3rd M., 10 am - 4 pm)			✓	
Golden Gate Park Senior Center 6101 Fulton Street (at 37th Avenue) San Francisco, CA 94121 ■**666-7015** (Daily 10 am - 5 pm)	✓		✓	
Hamilton Recreation Center 1900 Geary Boulevard (at Steiner Street) San Francisco, CA 94115 ■**292-2008** (Tu. 10:30 am - 3 pm)	✓	✓	✓	✓
Holy Name Parish Senior Club Holy Name Rectory 3240 Lawton Street San Francisco, CA 94122 ■**664-8590** (Th. 11 am - 2 pm)				✓
Holy Name Over 50 Bunch Holy Name Rectory 3240 Lawton Street San Francisco, CA 94122 ■**664-8590** (Tu. 9:30 am - 10:45 am)				✓
Immaculate Conception 3255 Folsom Street San Francisco, CA 94110 ■**824-1762** (2nd W. 12:30 pm - 2 pm)				✓
*Ingleside Senior Center 1345 Ocean Avenue San Francisco, CA 94112 ■**337-8211**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*John W. King Senior Center 590 Leland Avenue San Francisco, CA 94134 ■239-6233	✓	✓		
Joseph Lee Recreation Center Oakdale Avenue & Mendell Street San Francisco, CA 94124 ■822-9040 (Daily 9 am - 3 pm)		✓	✓	✓
*Kimochi Senior Center & Nutrition Site 1684 Post Street San Francisco, CA 94115 ■931-2294	✓	✓		
*Korean Center Inc., The 1362 Post Street San Francisco, CA 94109 ■441-1881		✓		✓
Lady Shaw Senior Center Self-Help for the Elderly 1483 Mason Street San Francisco, CA 94133 ■292-2383	✓	✓		
Laguna Honda Senior Nutrition Program 375 Laguna Honda Boulevard San Francisco, CA 94116 ■759-2321		✓		
Latin American National Citizens Association (LANSCA) 1241 Valencia Street San Francisco, CA 94110 ■282-6337				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*L'Chaim Russian Emigre Senior Center Jewish Family & Children's Services 751 25th Avenue San Francisco, CA 94121 ■**386-0664** (M. - Th.)	✓	✓		
Lincoln Park Senior Center Lincoln Park Presbyterian Church 417 31st Avenue San Francisco, CA 94121 ■**751-1140**				✓
UFCW Retirees San Francisco Local 648 Retirees Club ■**1-650-755-5452** (Bill Price)				✓
Lutheran Church of Our Savior 1011 Garfield Street San Francisco, CA 94132 ■**586-7890** (Thu. 10 am - 2 pm)		✓		✓
*Manilatown Senior Center Self-Help for the Elderly 407 Sansome Street / 524 Sacramento San Francisco, CA 94111 ■**982-9171**	✓	✓		
Mendelsohn House 737 Folsom Street San Francisco, CA 94107 ■**243-8297**	✓	✓		✓
Midtown Terrace Playground Clarendon Drive & Olympia Way San Francisco, CA 94131 ■**753-7036** (Mon.10:30 am - 11:30 am Senior aerobics)			✓	✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*Mission Neighborhood Center 362 Capp Street San Francisco, CA 94110 ■ **206-7750**	✓	✓		
Mission Senior Club 19th & Linda Streets San Francisco, CA 94110 ■ **695-5008** (Th. 9:30 am - 2 pm)			✓	✓
*Montefiore Senior Center 3200 California Street San Francisco, CA 94118 ■ **292-1262**	✓	✓		
Moscone Recreation Center Chestnut & Buchanan Streets San Francisco, CA 94123 ■ **292-2006** (Women - Th. 12 - 4 pm)			✓	✓
National Association of Retired Federal Employees (NARFE) - Chapter #65 ■ **1-650-755-8261**				✓
Noe Valley Senior Lunch Center 1021 Sanchez Street San Francisco, CA 94114 ■ **648-1030**		✓		
North Beach Senior Citizen Club St. Peter & Paul Church 666 Filbert Street San Francisco, CA 94133 ■ **421-0809** (Tu. 1 - 3 pm)				✓
*North of Market Senior Services 333 Turk Street San Francisco, CA 94102 ■ **885-2274**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Old First Presbyterian Church 1751 Sacramento Street San Francisco, CA 94109 ■**776-5552** (Mon. 10 am - 2:30 pm)				✓
*OMI Senior Center 446 Randolph Street San Francisco, CA 94132 ■**587-1443**	✓	✓		
*On Low Wui Senior Center Self Help for the Elderly 777 Stockton Street San Francisco, CA 94108 ■**391-3843**	✓	✓		✓
Our Lady of Lourdes Our Lady of Lourdes Parish Church Hall 1715 Oakdale Avenue San Francisco, CA 94124 ■**285-3377** (Th.11 am - 1 pm)				✓
Over 55 Club 759 Sunnydale Avenue San Francisco, CA 94134 ■**239-9906** (W. 12:30 - 2:30 pm)				✓
Palega 500 Felton & Holyoke Street San Francisco, CA 94134 ■**468-2875** (call for activities)			✓	✓
*Potrero Hill Neighborhood House 953 DeHaro Street San Francisco, CA 94107 ■**826-8080**		✓		✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Presbyterian Church-Chinatown 925 Stockton Street San Francisco, CA 94108 ▪392-1500 (Wed. 9 am - 5 pm)		✓		✓
*Self-Help for the Elderly Richmond Chinese Senior Center 741 30th Avenue San Francisco, CA 94121 ▪751-3394	✓	✓		
Rosa Parks Senior Center 1111 Buchanan Street San Francisco, CA 94115 ▪292-2000 (M. - F. 9 am - 5 pm)	✓	✓	✓	
*Russian American Community Services 300 Anza Street (at Collins Street) San Francisco, CA 94118 ▪387-5336	✓	✓		
St. Anne's Adult Club 1320 14th Avenue San Francisco, CA 94122 ▪664-9570 (Tu. 12 noon - 2 pm)				✓
St. Cecilia's Collins Center 2555 17th Avenue San Francisco, CA 94116 ▪566-2690 (M.,Tu.,Th., F. 9:30 am)	✓			
St. Elizabeth's Over 50 Club Church Hall Goettengin & Wayland Streets San Francisco, CA 94134 ▪468-0820 / 468-9895 (Th. 12 - 2:30 pm)				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
St. Elizabeth's/Mt. St. Joseph 100 Masonic Avenue San Francisco, CA 94118 ■**567-8370** (M. 11am - 1pm)				✓
St. Emydius Fun After 50 270 Ashton Street San Francisco, CA 94112 ■**587-7066** (W. 10:30 am - 2:30 pm)				✓
St. Finn Barr Senior Citizen's Club 415 Edna Street San Francisco, CA 94112 ■**333-3627** (W. 12:30 - 3 pm)				✓
St. Francis Lutheran Neighborhood Senior Center 152 Church Street San Francisco, CA 94114 ■**621-2635** (W. 10 am - 2 pm)		✓		✓
*St. Francis Meal Service First Congregational Church 432 Mason Street (at Post Street) San Francisco, CA 94102 ■**392-7463**	✓	✓		✓
St. James Plus 50 Club 1086 Guerrero Street San Francisco, CA 94110 ■**824-4232** (2nd & 4th W. 11am)				✓
St. Marks Lutheran Church Senior Center 1101 O'Farrell Street San Francisco, CA 94109 ■**928-7770** (F. Hot lunch 11 am - 2 pm)		✓		✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
St. Mary Recreation Center 95 Justin Drive & Murray Street San Francisco, CA 94112 ▪**695-5006** (Tu. 10:30 am - 2 pm)	✓		✓	✓
St. Michael's Church (Happy Hearts) 32 Broad Street (in Rectory) San Francisco, CA 94112 ▪**333-1194** (Th. 1 pm - 2 pm)				✓
St. Paul's Golden Agers Club 221 Valley Street San Francisco, CA 94131 ▪**648-7538** (G.A. meets Tu. 12 - 2:30 pm)				✓
St. Peter's Senior Center 1200 Florida Street San Francisco, CA 94110 ▪**282-1652** (F. 10 am - 3 pm)				✓
St. Phillips Senior Center St. Phillips Church 725 Diamond Street San Francisco, CA 94114 ▪**282-0141** (Th. 11 am - 2 pm)				✓
St. Theresa's Senior Club Church Hall 19th & Connecticut Streets San Francisco, CA 94107 ▪**285-5272** (F. 1 pm - 3 pm)				✓
St. Vincent de Paul Church de Paul Seniors 2320 Green Street San Francisco, CA 94123 ▪**922-1010** (1st Tu. 12 - 1:30 pm)				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*Salvation Army Mission Senior Center 1156 Valencia Street San Francisco, CA 94110 ■**648-0260** (M. - F. 9 am - 4 pm)	✓	✓		
*Salvation Army Senior Activity Center & Nutrition Site 360 - 4th Street San Francisco, CA 94107 **777-2677** (M. - Su. 9 am - 4 pm)	✓	✓		
*Salvation Army Turk Street Senior Center Meals at Heals 240 Turk Street San Francisco, CA 94102 ■**440-4325** (M. - F. 9 am - 1 pm)	✓	✓		✓
Second Springtimers Club St. Paul of the Shipwreck Church 1122 Jamestown Avenue San Francisco, CA 94124 ■**468-3434** (3rd F. 10 am - 1 pm)		✓		✓
*Self-Help for the Elderly 407 Sansome Street San Francisco, CA 94111 ■**982-9171**	✓	✓		
*Senior Power 325 Clementina Street San Francisco, CA 94104 ■**541-9629**				Advo-cacy group
Seventh Avenue Presbyterian Church Senior Center 1329 - 7th Avenue San Francisco, CA 94122 ■**664-2543** (Th. 10 am - 2 pm)				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Silvercrest - Salvation Army 133 Shipley Street San Francisco, CA 94107 ▪**543-5381**	✓	✓		✓
South Sunset Senior Center Self-Help for the Elderly 2601 40th Avenue (at Vicente) San Francisco, CA 94116 ▪**566-2845** (M. - F. 9 am - 3 pm)	✓	✓		
*Spring Gardens at St. Anne's 300 Lake Street San Francisco, CA 94118 ▪**751-6510** (M. - F. 10 am - 3 pm)	✓	✓	✓	✓
Sunset Parkside Activity Center 2390 34th Avenue San Francisco, CA 94116 ▪**731-5121** or **731-8070** (Th. 6 pm)				a rehab. center
*Sunset Senior Center 1090 Quintara Street San Francisco, CA 94116 ▪**759-9507**	✓	✓		
Local #85 Retirees Club 2660 Newhall Street San Francisco, CA 94124 ▪**330-8500**				✓
*Telegraph Hill Neighborhood Association 660 Lombard Street San Francisco, CA 94133 ▪**421-6443**	✓	✓		
Temple Baptist Church Senior Center 3355 19th Avenue San Francisco, CA 94132 ▪**566-4080** (M. 10.30 am - 1 pm)		✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Third Baptist Church Senior Center 1399 McAllister Street San Francisco, CA 94115 ■**346-4426 / 923-0259** (W. 9:30 am - 2:30 pm)				✓
*Thirtieth Street Senior Center 225 -30th Street San Francisco, CA 94131 ■**550-2210**	✓	✓		
Upper Noe Day & Sanchez Streets San Francisco, CA 94131 ■**695-5011** (W. 10:30 am - 3:00 pm)			✓	
*Visitacion Valley Senior Center 66 Raymond Avenue San Francisco, CA 94134 ■**467-4499**	✓	✓		✓
*Western Addition Senior Center 1390 ½ Turk Street San Francisco, CA 94115 ■**921-7030**	✓	✓		
West Sunset 39th Avenue & Ortega San Francisco, CA 94122 ■**753-7047** (Tu. 10 am - 3 pm)			✓	✓
*Woolf House 801 Howard Street San Francisco, CA 94103 ■**495-0837**		✓		
*YMCA - Central Branch 220 Golden Gate Avenue San Francisco, CA 94102 ■**885-0460 x 281**	✓			

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*YMCA - Mission Branch 4080 Mission Street San Francisco, CA 94112 ■586-6900 Main Office ■452-7565 Nutrition ■452-7569 Senior Club	✓	✓		✓
*Presidio Community YMCA Richmond Site 360 18th Avenue San Francisco, CA 94121 ■666-9622	✓			
*YMCA - Stonestown Branch 333 Eucalyptus Drive San Francisco, CA 94132 ■759-9622	✓	✓		

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SOCIAL SERVICE

*American Red Cross 427-8000
85 2nd Street
San Francisco, CA 94105

*Catholic Charities 281-1200
814 Mission Street, Mezzanine
San Francisco, CA 94103

*Chinese Newcomers Services 421-2111
777 Stockton Street, Room 104
San Francisco, CA 94108

*Family Service Agency 474-7310
1010 Gough Street
San Francisco, CA 94109

*Gay & Lesbian Outreach to Elders (G.L.O.E) 626-7000
New Leaf Services
1853 Market Street
San Francisco, CA 94103

*International Institute 538-8100
657 Mission Street, #500
San Francisco, CA 94105

*Italian American Community Services Agency 362-6423
678 Green Street
San Francisco, CA 94133

Japanese Family Service Program 474-7310
1010 Gough Street
San Francisco, CA 94109

*Japanese Newcomers Services (Nobiru Kai) 922-2033
1840 Sutter Street, Suite 205
San Francisco, CA 94115

*Jewish Community Center of San Francisco 346-6040
3200 California Street
San Francisco, CA 94118

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*Jewish Family & Childrens' Service 567-8860
1600 Scott Street
San Francisco, CA 94115

*La Raza Information Center 863-0764
474 Valencia Street, Suite 100
San Francisco, CA 94103

*North of Market Multipurpose Senior Services 885-2274
333 Turk Street
San Francisco, CA 94102

*Russian American Community Service 387-5336
300 Anza Street
San Francisco, CA 94118

*Salvation Army --
Senior Meals, Activities and Support Services 777-5350
850 Harrison Street
San Francisco, CA 94107

*St. Anthony Foundation 241-2660
121 Golden Gate Avenue
San Francisco, CA 94102

*San Francisco Department of Human Services 557-5000
170 Otis Street 558-1000
San Francisco, CA 94103

*Self-Help for the Elderly 982-9171
407 Sansome Street
San Francisco, CA 94111

*Services for Seniors 922-5438
1525 Post Street
San Francisco, CA 94109

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SUBSTANCE ABUSE

*Alcoholic Anonymous 621-1326
1540 Market Street, # 150
San Francisco, CA 94102

Al-Anon 626-5633

Bridgeway Project -- Salvation Army 292-2587
242 Turk Street
San Francisco, CA 94102
Residential Facility for men and women; no self-referrals

*Community Substance Abuse Service 255-3500
1380 Howard Street, 4th Floor
San Francisco, CA 94103

Drug Hotline 1-800-888-9383
Operates as a crisis line for persons concerned with substance abuse issues -- if persons is ready to look for treatment then refer to Target Cities at 1-800-750-2727

Drugline 362-3400
Provides information and referral on drug issue

*Golden Gate for Seniors 626-7553
637 South Van Ness Avenue 626-7779
San Francisco, CA 94110

*Harbor Lights -- Salvation Army ..... 864-7000 x 30

*Mission Council on Alcohol Abuse for the Spanish Speaking 826-6767
820 Valencia Street
San Francisco, CA 94110

*Mobile Assistance Patrol (MAP) 431-7400
1446 Market Street
San Francisco, CA 94102

Narcotics Anonymous 621-8600

National Council on Alcoholism 296-9900
944 Market Street, 3rd Floor
San Francisco, CA 94102

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*North of Market Senior Alcohol Program 885-2274
333 Turk Street
San Francisco, CA 94102

*Ozanam - St. Vincent de Paul Society 621-6471
1175 Howard Street 864-3057
San Francisco, CA 94103

Salvation Army Adult Rehabilitation Center ..... Administration 643-8000
1500 Valencia Street Donation 1-800-958-7825
San Francisco, CA 94110

*Substance Abuse Treatment Program 221-4810
Veterans Administration Medical Center
4150 Clement Street
San Francisco, CA 94121

Target Cities 1-800-750-2727

Provides comprehensive assessment for persons with substance abuse problems that want and are looking for treatment resources. If the person is not ready, or if the concerned party is a spouse or family member of a substance abuser it is best to call the Drug Hotline at 1-800-888-9383

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Support or self-help groups can put individuals in touch with other persons that share similar problems, or that share mutual concerns or issues. Often times, just realizing that you are not alone with a particular problem is a great relief in itself. These groups can offer emotional support, understanding and suggestions for handling problems:

Self-Help Information & Referral Directory **available through the Northern California Community Council, Inc. by calling 772-4357**

General:

*LifePlan Center (for Age 50 and over) **546-4499**
5 Third Street, Hearst Building, Suite 324 **777-1396** Fax
San Francisco, CA 94103

Alcoholism:

Al-Anon **626-5633**

National Council on Alcoholism **296-9900**

Arthritis:

*Arthritis Foundation (Northern California) **356-1230**
657 Mission Street, Suite 603
San Francisco, CA 94105

Cancer:

*American Cancer Society **394-7100**
235 Montgomery Street, Suite 320
San Francisco, CA 94104

United Ostomy Care -- Golden Gate Chapter **664-4443**
P.O. Box 7013
Corte Madera, CA 94976-7013

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Deafness:

*University of California Center on Deafness (U.C.C.D.) ..... 476-4980 Voice
3333 California Street, Suite 10 476-7600 TDD
San Francisco, CA 94143-1208

Diabetes:

*American Diabetes Association 777-4499
North Coast Counties
631 Howard Street, # 520
San Francisco, CA 94105

Drug Abuse:

*Grandparents Who Care 682-3234
One Rhode Island Street
San Francisco, CA 94103

A support and advocacy program dedicated to the acknowledgement and support of extended family members who are raising children because the children's parents are mentally ill, drug or alcohol addicted, incarcerated or deceased

Narcotics Anonymous 621-8600

Epilepsy:

Epilepsy Foundation of Northern California 1-510-893-6272
1624 Franklin Street, #900
Oakland, CA 94612

Family Support:

Asian Pacific Islander Family Hotline:

Chinese 642-6850
Filipino 642-6851
Cambodian 642-6852
Vietnamese 642-6853
Samoan 642-6854
Laotian 642-6855

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Gambling:

Gamblers Anonymous 1-800-287-8670

Gay & Lesbian:

*Gay & Lesbian Outreach to Elders - G.L.O.E. 626-7000
New Leaf Services - Gay & Lesbian Counseling
1853 Market Street, # 612
San Francisco, CA 94103

Parents & Friends of Lesbians and Gays (Parent's Flag) 921-8850
P.O. Box 640223
San Francisco, CA 94164

General Illness & Disability:

*United Cerebral Palsy 627-6939
660 Market Street, # 401
San Francisco, CA 94104

Grandparents:

*Grandparents Who Care 682-3234
One Rhode Island Street
San Francisco, CA 94103

A support and advocacy program dedicated to the acknowledgement and support of extended family members who are raising children because the children's parents are mentally ill, drug or alcohol addicted, incarcerated or deceased

Grief:

*Catholic Charities -- Grief Counseling 564-7882
St. Gabriel's Church
2559 40th Avenue
San Francisco, CA 94116

*Center for Elderly Suicide Prevention & Grief
Related Services (Friendship Line) 750-5355
c/o Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

*Coming Home Hospice 861-1110
115 Diamond Street
San Francisco, CA 94114

*Hospice by the Bay 626-5900
1540 Market Street, # 350
San Francisco, CA 94102-6035

*Jewish Family & Children's Services 567-8860
Widow/Widowers Outreach Program
1600 Scott Street
San Francisco, CA 94115

Shanti Project 864-2273
1546 Market Street
San Francisco, CA 94102

Counseling and emotional support for persons facing bereavement, and to their family and friends. A practical support program for shopping and physical needs. Van to and from medical appointments. Fun squad -- free tickets for recreational activities

Heart Disease:

May we suggest asking your particular hospital for any support groups dealing with heart problems

Lung Diseases:

*American Lung Association of San Francisco and San Mateo County ... 1-650-994-5864
2171 Junipero Serra Blvd., Suite 720
Daly City, CA 94014

Better Breathers' Club (American Lung Association) 1-650-994-5864
2171 Junipero Serra Blvd., Suite 720
Daly City, CA 94014

Mental Illness:

Recovery Incorporated 1-510-482-5808
Informational number regarding specific meeting time and places

*Indicates agency is profiled within the White Pages

Multiple Sclerosis:

*Independent Living Resource Center - San Francisco **543-6222**
649 Mission Street
San Francisco, CA 94105

National Multiple Sclerosis Rap Group **1-510-268-0572**
150 Grand Avenue
Oakland, CA 94612

Stroke:

*American Heart Association -- San Francisco Stroke Club **433-2273**
120 Montgomery Street, Suite 1650
San Francisco, CA 94104

*Family Caregiver Alliance **434-3388**
425 Bush Street #500
San Francisco, CA 94108
For brain-impaired adults

Visual Disability:

*National Association for Visually Handicapped **221-3201**
3201 Balboa Street
San Francisco, CA 94121
Adult discussion group

Weight Control:

Overeaters Anonymous **436-0651**
P.O. Box 420962
San Francisco, CA 94142-0962

Women:

*American Cancer Society -- San Francisco Chapter **394-7100**
235 Montgomery Street, Suite 320
San Francisco, CA 94104
Reach to Recovery - Volunteer visiting & referral for breast cancer

*Indicates agency is profiled within the White Pages

W.O.M.A.N., Inc. ..... **864-4555** / **864-4722** Crisis
Women Organized to Make Abuse Non-Existant ..... **864-4777** Bus.
333 Valencia Street, Suite 251
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

TELEPHONE REASSURANCE

Telephone reassurance programs provide regular telephone contact with older adult, to end social isolation or ascertain needs, health status and safety.

Episcopal Community Services
Canon Kip Senior Center 861-6801
705 Natoma (8th Street)
San Francisco, CA 94103

*Friendship Line for the Elderly -- Center for Elderly
Suicide & Grief-Related Services 752-3778
c/o Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Gay & Lesbian Outreach to Elders -- G.L.O.E. 255-2937
1874 Market Street
San Francisco, CA 94103

*Jewish Family and Children's Service 567-8860
1600 Scott Street
San Francisco, CA 94115

*Network for Elders Serving the Bayview Hunter's Point Community ... 647-5353
3450 Third Street, Building 2A, Suite 200
San Francisco, CA 94124

*Noriega Adult Day Support 452-3500
55 Farallones
San Francisco, CA 94112

*Retired Senior Volunteer Program (RSVP)
Tele/Friend Program 731-3335
1125 Quintara Street
San Francisco, CA 94116

*Indicates agency is profiled within the White Pages

TRANSPORTATION & ESCORT

Airport Connections 1-650-401-8300
1290 Old Bayshore Highway, Suite 273
Burlingame, CA 94010

Ambutrans 931-3036
1659 Divisadero, Suite 2 931-3067 Fax
San Francisco, CA 94115
$25 plus $2.00 a mile; accepts Medi-Cal

Amtrak Information 1-800-872-7245

*American Cancer Society 394-7100
235 Montgomery Street, # 320
San Francisco, CA 94104
Needs referral from Medical Team first

BART Information 1-650-992-2278

Bay Region Transit Discount 923-6070
2630 Geary Boulevard
San Francisco, CA 94118

Caltrain Information 1-800-660-4287

*Elderly Teen Connection (E.T.C.) 584-0300
222 Plymouth Avenue
San Francisco, CA 94112

Golden Gate Regional Transit Discount Card for 65+ 921-5858
Located at the Golden Gate Toll Plaza, Mon. - Thur. 9-3

*Mobile Assistance Patrol (MAP) 431-7400
1446 Market Street
San Francisco, CA 94102
Assists persons intoxicated and unable to mobilize themselves

*Indicates agency is profiled within the White Pages

Medi-Van Transportation **468-4300**
50 Elmira
San Francisco, CA 94124
Accepts Medi-Cal; $45 one way and $60 roundtrip within S.F.; $2.50 per mile for trips outside S.F.; $35 extra charge for assistance with stairs (one way), $50 (round trip)

Muni Telephone Information Center **673-6864**

*Paratransit Services (Taxi Scrip Vouchers, etc.) ..... **543-9650** Intake
Cerenio Management Group - Paratransit Broker
5 Freelon Street
San Francisco, CA 94107

Paratransit Service Providers (Group Van):

Canon Kip **861-6801**

Centro Latino **861-8758**

John King **239-6233**

*Rose Resnick Lighthouse for the Blind and Visually Impaired **431-1481**
214 Van Ness Avenue
San Francisco, CA 94102

*Russian American Community Service **387-5336**
300 Anza Street
San Francisco, CA 94118
Provides van service from house to meal site twice a week (Mon. & Fri.), and from house to house for shopping twice a month

Samtrans (San Mateo County Transit) **1-800-660-4287**

*Senior Information and Referral **626-1033**
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
Issues Muni I.D. cards to seniors (65 years of age or above)

*Indicates agency is profiled within the White Pages

St. Mary's Area Rapid Transit (S.M.A.R.T. Van) 750-5557
Transportation to the Hospital and doctor's office within the building;
Within S.F. cost is $10 each way, $15 cost for wheelchair users;
Outside of S.F. cost is 17.50 each way, $17 for wheelchair users;
Mon. - Fri., 5 am - 6 pm

*Senior Escort Patrol Crime Prevention Services
Two office locations:

Main Office/Capp Street Office ..... 695-5170 Admin.
1101 Capp Street
San Francisco, CA 94110

Pacific Avenue Office 391-5686
799 Pacific Avenue
San Francisco, CA 94133

Yellow Cab -- Ramped Taxis (for wheelchair users) 626-2345
Must call an hour ahead for ride

Yellow Paratransit 282-2300
1460 Bancroft Street
San Francisco, CA 94124
Accepts Medi-Cal, will assist with stairs, wheelchair service and ambulatory transfer within and outside San Francisco, call for rates

*Indicates agency is profiled within the White Pages

VOLUNTEERS

Volunteerism is a vital part of the older adult community. Several agencies serving the elderly depend greatly on volunteer help. Quite often, older adults are looking for a non-profit agency that could use their skills, time and energy. Listed below are agencies that recruit volunteers to help make their programs complete .

*Catholic Charities 844-4854
814 Mission Street
San Francisco, CA 94103

*Foster Grandparents/Senior Companion Program 751-9786
6221 Geary Blvd., 3rd Floor
San Francisco, CA 94121

*Gay & Lesbian Outreach to Elders - G.L.O.E. 626-7000
New Leaf Services
1853 Market Street, # 612
San Francisco, CA 94103

*Jewish Family & Children's Services 567-8860
1600 Scott Street
San Francisco, CA 94115

*Little Brothers -- Friends of the Elderly 771-7957
1150 Bush Street, 3rd Floor
San Francisco, CA 94109

National Council on Alcoholism 296-9900
944 Market Street, 3rd Floor
San Francisco, CA 94102

*Neighborhood Elders Support Team (N.E.S.T.) 206-9177
(former Bernal Elders Support Team - B.E.S.T.)
515 Cortland Avenue
San Francisco, CA 94110

* Network for Elders 647-5353
Serving Bayview Hunter's Point Community
3450 Third Street, Building 2A Suite 200
San Francisco, CA 94124

*Indicates agency is profiled within the White Pages

*Northern California Council for the Community, Inc. (NCCC) 772-HELP
50 California Street, # 200 772-4357
San Francisco, CA 94111
Formerly the United Way Helplink

*Ombudsman - Long Term Care 751-9788
Family Service Agency 1-800-231-4024
Crisis Line
6221 - Geary Boulevard, 3rd Floor
San Francisco, CA 94121

*Retired Senior Volunteer Program (RSVP) 731-3335
1125 Quintara Street
San Francisco, CA 94116

*San Francisco General Hospital -- Volunteer Program 206-8193
1001 Potrero Avenue
San Francisco, CA 94110

*San Francisco School Volunteers Program 274-0250
551 Sutter Street
San Francisco, CA 94102

*St. Anthony Foundation 241-2600
121 Golden Gate Avenue
San Francisco, CA 94102

*Service Corps of Retired Executives (SCORE) 744-6827
455 Market Street, 6th Floor
San Francisco, CA 94105

*Volunteer Center of San Francisco 982-8999
1160 Battery Street, Suite 70
San Francisco, CA 94111

*Indicates agency is profiled within the White Pages

1999 Resource Guide

City & County of San Francisco Agency Profiles

City and County of San Francisco

City College of San Francisco
- Mission Campus, Older Adults Department C1
- Southeast Campus C2

Commission on the Aging C3
- Senior Information and Referral C4

Commission on the Status of Women C5

Department of Human Resources - Information Center C6

Department of Human Services (DHS)
- Adult Services Program C7
- Food Stamp Program C8
- Medi-Cal C10

Department of Public Health
- Administration C11
- Breast and Cervical Cancer Control Program C12
- Castro/Mission Health Center C14
- Chinatown Public Health Center C15
- Community and Home Injury Prevention Program (CHIPP) C16
- Community Substance Abuse Services C17
- Division of Mental Health
  - Central City Senior Unit C18
  - Chinatown North Beach Mental Health Services C19
  - Mission Integrated Service Cener C20
  - Southeast - Mission Geriatric Services C21
  - Geriatric System of Care C22
- Health at Home - Home Health Agency C23
- Laguna Honda Hospital and Rehabilitation Center C24
- Laguna Honda Hospital and Rehabilitation Center-ADHC C25
- Maxine Hall Health Center C26
- Ocean Park Health Center C27
- Public Conservator C28
- San Francisco General Hospital Medical Center C29
- Silver Avenue Family Health Center C30

District Attorney's
- Consumer Fraud and Environmental Protection Unit C31

District Attorney's Office
- Special Emphasis on Elder Abuse C32

Mayor's Office of Housing C33

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Police Department
- Senior Escort Patrol Crime Prevention Services C35

Public Administrator/Guardian C36
- County Veterans Service Office C37
- Rep Payee Program C38

Public Library
- Library for the Blind and Print Disabled C39
- Library on Wheels - Bookmobile C40

Recreation and Park Department C41

Residential Rent Stabilization and Arbitration Board C42

San Francisco Fire Department
- Division of Emergency Medical Services C43

CITY COLLEGE OF SAN FRANCISCO
Older Adults Department
Mission Campus

106 Bartlett (22nd Street)
San Francisco, CA 94110

Phone(s):
(415) 550-4415

Days & Hours:
Mon. - Fri., 9-5:30

Person In Charge:
R. Wood Massi, Department Chair,
Older Adult Program

Services:
Located at 40 different neighborhood sites, classes are offered in a variety of subject areas, including art, literature, music, theater, wellness, exercise, sewing, discussions, computer etc. The community agency provides the site and the Older Adults Department provides the instructor. Classes are taught in the Spring Semester from January through May, and in the Fall Semester from August through December. Free brochures are available for mailing by calling the office.

Fees:	Tuition free. Books and materials vary according to class
Eligibility:	Age 55 and over
Area Served:	San Francisco County
Application:	Open enrollment throughout the semester. Walk in to counseling office or go to any class
Language:	Some Spanish and Chinese
Accessibility:	Most facilities are wheelchair accessible
Transportation:	Depends on site of specific class
Funding:	City, state, federal

CITY COLLEGE OF SAN FRANCISCO

Southeast Campus

1800 Oakdale (Phelps)
San Francisco, CA 94124

Phone(s):

(415) 550-4300 Information
(415) 550-4320 Counselors

Days & Hours:

Mon. - Fri., (Office Hours)
Some classes held weekends and evenings

Person In Charge:

Bernice B. Brown, Campus Dean

Services:

Provides educational opportunities for San Francisco residents. Non-credit classes include: Adult Basic Education, Clerical/Secretarial, Computer Studies, Dressmaking, English As a Second Language (ESL), General Education Development (GED) preparation, and Computerized machine technology. College credit courses include: General Education, Child Development, Aerobics, English, Math and Algebra.

Fees:	Non-credit Courses - None, Credit Classes - $13.00 per Unit
Eligibility:	San Francisco residents age 18 or over; or currently enrolled high school students
Area Served:	San Francisco County
Application:	Walk in
Language:	Filipino (Tagalog), Spanish, Cantonese and Vietnamese
Accessibility:	Wheelchair accessible/restroom, ramp/elevator to all levels
Transportation:	MUNI - 15 Third, 23 Monterey, 24 Divisadero, 44 O'Shaughnessy
Funding:	City, county, state, federal

COMMISSION ON THE AGING

25 Van Ness Ave, #650 (Market)
San Francisco, CA 94102

Phone(s):

(415) 864-6051
(415) 864-3991 Fax

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

David Ishida, Executive Director

Services:

An administrative office which contracts with agencies serving seniors in the areas of: housing, legal services, community services, case management, transportation, escort service, congregate and home-delivered meals, mental health, general health, in-home services, consumers services, and ombudsman. The Commission also maintains an information and assistance office for seniors, caregivers or social service agencies.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Chinese, Filipino, Spanish and Russian
Accessibility:	Wheelchair accessible, elevators, restrooms
Transportation:	MUNI - F Market Street, 6 Parnassus, 7 Haight, 47 Van Ness, 49 City College, 71 Noriega. MUNI Metro - Van Ness Avenue Station
Funding:	City and County of San Francsico, state (Department of Aging), federal (Administration on Aging)

COMMISSION ON THE AGING

Senior Information and Referral

25 Van Ness Avenue, Suite 650
San Francisco, CA 94102

Phone(s):

(415) 626-1033
(415) 864-3991 Fax

Days & Hours:

Mon. - Fri., 8-5
24 Hour Phone

Person In Charge:

David Ishida, Executive Director
Tania Bauer, Senior I&R Manager

Services:

Provides information and referral for seniors, caregivers and community-based organizations serving seniors. Referrals to services such as: health care, social services, legal assistance, housing, adult day health centers, transportation and in-home support services. Provides free print materials and a video loan service. Distributes Senior Gold Cards and Muni ID cards. Publishes a Resource Guide-Service for Seniors in San Francisco. Produces and distributes resource lists. Conducts orientation sessions for agencies. Participates in outreach activities, including presentations to senior groups.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk-in for Gold Card or Muni ID. Walk-in or phone for information and referral services
Language:	Chinese (Cantonese, Mandarin), Spanish (others by arrangement)
Accessibility:	Wheelchair accessible, elevators, restroom
Transportation:	MUNI - F Market Street, 6 Parnassus, 7 Haight, 47 Van Ness, 49 City College, 71 Noriega. MUNI Metro - Van Ness Avenue Station
Funding:	City and County of San Francisco

COMMISSION ON THE STATUS OF WOMEN

25 Van Ness Avenue, Room 130
San Francisco, CA 94102

Phone(s):

(415) 252-2570
(415) 252-2575

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Sonia Melara, Executive Director

Services:

Fosters the advancement of the status of women and girls, particularly those issues that impact women of color and low income women, both within City and County government and in the private sector. Advocates and proposes legislation to improve the quality of women's lives. Promotes programs that increase public awareness and understanding of domestic violence. Administers funds for Domestic Violence and Sexual Assault Services. Monitors complaints of unlawful and unequal treatment of women; investigates inequalities and proposes remedies. Promotes public education and awareness on prevention of sexual harassment and other job discrimination of women. Provides technical assistance, information and referrals to individuals, community organizations, businesses and government, related to women and young women's rights and service. Maintains an updated job resource library which is free to the public between the hours of 9 am and 4 pm, located at the commission office.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Spanish
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - Market Street lines. MUNI Metro - Van Ness Station. BART - Civic Center Station
Funding:	City, County

DEPARTMENT OF HUMAN RESOURCES (DHR)

Information Center

44 Gough St. (1/2 Blk So. of Market)
San Francisco, CA 94103

Phone(s):

(415) 557-4888 Job Hotline
(415) 557-4800 Office
(415) 775-9484 TDD

Days & Hours:

24 hours daily
Mon. - Fri., 8-5

Person In Charge:

Andrea Gourdine, Human Resources Director

Services:

Maintains information about employment opportunities and procedures with the City and County of San Francisco. Job announcements are usually posted Fridays. The Job Hotline is updated Thursday afternoons. Qualified applicants will be notified when examinations are scheduled.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco City/County
Application:	Walk in. Must fill out application and take civil service exam
Language:	Chinese (Cantonese), Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 7 Haight, 71 Noriega and F Market stops on corner of Gough and Market Street
Funding:	City and County of San Francisco

DEPARTMENT OF HUMAN SERVICES (DHS)
Adult Services Program

Mailing Address:
P. O. Box 7988
San Francisco, CA 94120

Administration:
1650 Mission Street
San Francisco, CA 94103

Phone(s): **Days & Hours:**

(415) 557-5579 Administration Mon. - Fri., 8-5
(415) 557-5251 Intake, In-Home Support Services
(415) 557-5230 Adult Protective Services

Person In Charge:

Anthony Nicco, Program Manager

Services:

Provides protective services for adults who are a danger to themselves or the community or who are in danger of being abused, exploited or neglected (without regard to income). Provides In-Home Supportive Services to maintain aged, blind or disabled low-income adults in their own home, in-home care providers provide a variety of tasks including personal care (e.g., bathing, ambulation, feeding) and domestic (e.g., cleaning, shopping, laundry).

Fees: None

Eligibility: Aged, blind or disabled adult, low-income, receiving SSI, SSP for some services

Area Served: San Francisco County

Application: Apply by phone

Language: Chinese, Filipino (Tagalog), Russian, Spanish, (by arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 14 Mission, 26 Valencia, 47 Van Ness, 49 City College

Funding: County, state, federal

DEPARTMENT OF HUMAN SERVICES (DHS)

Food Stamp Program

Mail: P.O. Box 7988
San Francisco, CA 94120

Office:
1235 Mission St., (8th St.)
San Francisco, CA 94103

Phone(s):

(415) 558-4186 Outreach Hotline
[Flexible services for the Elderly and/or People with Disability]
(415) 558-1000 Central Information
(415) 558-1157 Administration
(415) 558-1015 AIDS Patients

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Leo O'Farrell, Program Manager

Services:

Provides coupons which can be used to purchase food items for low-income persons who meet financial guidelines. A one-person household may receive a maximum of $122 of Food Stamps per month, a two person household may receive up to $224 per month, $321 for three, etc.

Fees: None

Eligibility: Citizen of the U.S. or a qualifying legal resident alien with 40 quarters of work history reported to the US; a refugee or asylee within five years of their arrival in the U.S.; or a U.S. veteran or active military or their spouse or child. Able Bodied Adults Without Dependents ((ABAWDs) ages 18 to 49 are limited to three months of Food Stamps in a fixed 36 months period unless they meet a work requirement: working 20 hours or more per week; participating in an approved training program or workfare. The maximum monthly gross income for a household of one is $855, a household of two is $1,150, and a household of three is $1,445. Maximum resource limit is $2,000 per household; $3,000 if one or more members are age 60 or over. Persons on SSI are not eligible for Food Stamps in California. College students 18-49 may be eligible if working 20 hours per week or in a college work study program or disabled. Persons over age 60 or disabled may have income somewhat higher than the standards

Food Stamp Program

	listed above if they have especially high rent and/or medical expenses
Area Served:	San Francisco County
Application:	Walk in or call the OUTREACH HOTLINE: 558-4186 for information and applying by mail. Home visits rarely needed; clients can authorize someone to represent them for Food Stamps
Language:	Chinese (Cantonese, Mandarin), Vietnamese, Russian, Spanish, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission, 26 Valencia, 19 Polk, One block from Market St. (Civic Center). MUNI Metro/BART - Civic Center Station
Funding:	Federal (Department of Agriculture), state

DEPARTMENT OF HUMAN SERVICES (DHS)

Medi-Cal

1440 Harrison Street
San Francisco, CA 94103

Phone(s):

(415) 863-9892 Information
(415) 558-1836 Replacement Cards

Days & Hours:

Mon. - Fri., 8-5 (Office)
Mon. - Fri., 8-4 (Screening)
Mon. - Fri., 8-11 & 1-3
(New Application)

Person In Charge:

Liz Strand, Medi-Cal, Program Director

Services:

A medical assistance program for eligible clients, Medi-Cal pays for health care services which are medically necessary. Covered services include physicians visits, hospitalization, some medications, dental and home health care, adult day health services, prosthetic and orthopedic devices, eyeglasses, hearing aids and some medical equipment. Some services and drugs require prior authorization.

Fees: None

Eligibility: San Francisco residents who are aged, blind, disabled, pregnant, families with dependent children, or refugees, and meet income and property reserve guidelines. Minors age 12 or over may apply for themselves for certain services like sexual assault, family planning, pregnancy, venereal disease, drug or alcohol abuse and some mental health services if their parents refuse to apply for them, or if the minor wishes their treatment to remain confidential

Area Served: San Francisco County

Application: Walk in or apply by phone for screening

Language: American Sign, Chinese (Cantonese, Mandarin),Tagalog, French, Japanese, Korean, Russian, Spanish, Vietnamese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 9 San Bruno, 12 Folsom, 19 Polk, 27 Byrant, 42 Downtown Loop

Funding: State, federal

DEPARTMENT OF PUBLIC HEALTH
Administration

101 Grove Street
San Francisco, CA 94102

Phone(s):
(415) 554-2500

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Mitchell Katz, M.D., Director

Services:
Administers the programs and services of the San Francisco Public Health Department. Refers individuals to appropriate programs for the services they need.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, Market Street lines
Funding:	City, county

DEPARTMENT OF PUBLIC HEALTH
Breast & Cervical Cancer Control Program

101 Grove Street, Room 321
San Francisco, CA 94102

Phone(s):

(415) 554-2878
(415) 554-2877
(415) 554-2897 Fax

Days & Hours:

Vary by clinic,
Call for appts.

Person In Charge:

Diane Carr, Project Director
Jennifer Chin, Program Coordinator

Services:

Provides breast and cervical screening examinations. Women 25 years and older can receive a pelvic, pap smear and a clinical breast exam every one to three years, based on doctor's recommendations. In addition, women 50 years and older can receive a yearly mammogram. Women 40-49 years old may receive mammograms if there is a family history of breast cancer or if there are symptoms of disease. If there is an abnormal finding, diagnostic exams are available.

Fees: None for eligible clients

Eligibility: Women who are low income (200% of poverty) and have no medical insurance. Women who have medical insurance whose co-payment is not met or the medical insurance does not offer breast or cervical screening and meets the income guidelines.

All eligible California residents may receive BCCCP services Public Health Clinics and Clinic Consortium listed below. Patients will have to pay for medical services not covered by BCCCP. However, you may be eligible for medical services at a reduce cost. Ask your clinic for details.

Area Served: Entire state of California

Application: Call one of the following clinics for an appointment:

1. Castro-Mission Health Center
   3850 - 17th Street
   (415) 487-7500

2. Maxine Hall Health Center
   1301 Pierce Street
   (415) 292-1300

3. Silver Avenue Family Health Center
   1525 Silver Avenue
   (415) 715-0300

4. Chinatown Public Health Center
   1490 Mason Street
   (415) 705-8500

5. Ocean-Park Health Center
   1351 - 24th Avenue
   (415) 753-8100

6. Potrero Hill Health Center
   1050 Wisconsin
   (415) 648-3022

7. Southeast Health Center
   2401 Keith
   (415) 715-4000

8. Mission Neighborhood Health Center
   240 Shotwell
   (415) 552-3870

9. Northeast Medical Services
   1520 Stockton Street
   (415) 391-9686

10. SFGH, Women's Health Clinic
    1001 Potrero Avenue, 5M
    (415) 206-3400

Language: Spanish and/or Chinese at most sites. Call clinics for more information

Accessibility: Wheelchair accessible. Motorize exam tables at some sites

Transportation: All sites are accessible by public transportation. Ask clinic when your first appointment is made

Funding: State, Federal

DEPARTMENT OF PUBLIC HEALTH
Castro/Mission Health Center

3850 - 17th Street (Noe)
San Francisco, CA 94114

Phone(s):

(415) 487-7500 Information
(415) 487-7585 Health Education
(415) 487-7550 Public Health Nursing
(415) 487-7540 Administration
(415) 502-8378 HIV Testing/Anonymous

Days & Hours:

Mon. - Fri., 8-5 (Office)
Mon. - Fri., 8-12, 1-4:30 (clinic)
Mon. - Fri., 8-5 (Public Health)
Wednesdays: 5:30-9:30 and
Saturdays: 8:30-3:30
(HIV Testing/Anonyonous)

Person In Charge:

Patricia Perez-Arce, Ph.D, Center Director
Jane Bailowitz, M.D., Medical Director

Services:

Provides primary and preventive health care for individuals of all ages including HIV positive patients. Clinic services include Children's Clinics, Child Health Disability Prevention (CHDP), Teen clinic, and a Family Planning clinic. Associated Services include an HIV Anonymous Testing Program under the direction of the AIDS Health Project. Public Health nurses make home visits, provide geriatric case management and provide health education in schools and at community sites. Also offers screening for colo-rectal cancer, tuberculosis and hypertension. Other services include immunizations, flu shots and smoking cessation.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco residents
Area Served:	San Francisco: primarily Castro, Diamond Heights, Mt. Davidson, Noe Valley and Mission Districts
Application:	Apply by phone. Appointment necessary for clinics
Language:	Spanish, Chinese, Filipino (Tagalog) by arrangement
Accessibility:	Main entrance wheelchair accessible
Transportation:	MUNI - F Market, 22 Fillmore, 24 Divisadero, 33 Stanyan, 37 Corbett. Metro - F, J, K, L, and M
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Chinatown Public Health Center

1490 Mason St. (Broadway Tunnel)
San Francisco, CA 94133

Phone(s):	**Days & Hours:**
(415) 705-8500 Information/App'ts	Mon. - Fri., 8-5
(415) 705-8555 WIC Nutrition Program	Mon. - Fri., 8-5
(415) 705-8590 Public Health Nursing	Mon. - Fri., 8-5
(415) 705-8610 Family Planning	Mon., 12:30-5:30, Wed., 8-12 Thurs., 1-5, Fri., 8-12

Person In Charge:

Madeline Ritchie, Center Director
Dr. Alex Moy, Medical Director

Services:

Provides comprehensive primary care services for all ages. Direct treatment as well as preventive health services are provided. This includes perinatal services with delivery at San Francisco General Hospital, well-baby clinic, Child Health Disability Prevention (CHDP) exams, dental services for children 4-13 years of age, immunizations, adult health screening including treatment of acute and chronic illnesses, blood pressure screening and complete family planning services. The W.I.C. nutrition program has services at the Center. There are prevention centered services including health education, information and referral, nutrition counseling, public health nursing. Public health nurses provide in-home assessment and counseling for high risk conditions and case management for fragile elderly.

Fees:	Vary according to service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Walk in or apply by phone. Appointment necessary for clinics
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Laotian, Spanish, Vietnamese
Accessibility:	Wheelchair accessible/elevator
Transportation:	MUNI - 30 Stockton, 45 Greenwich, 83 Pacific, Powell Cable Car
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Community & Home Injury Prevention Program for Seniors (CHIPPS)

101 Grove Street, Room 118
San Francisco, CA 94102

Phone(s):
(415) 554-2924
(415) 554-2746

Days & Hours:
Mon. - Fri., 9-4:30

Person In Charge:
Michael Radetsky, Project Coordinator

Services:
Seeks to prevent injury and enhance independence by helping seniors maintain a safe home. Services include a home safety check list, information on home safety repairs such as installation of grab bars, smoke detectors and repair of stairs, etc. Free grab bars provided to eligible seniors. Also provides personal medication counseling by a professional pharmacist. Provides referrals to health providers and community programs as appropriate. Advocates for changes which will reduce injury hazards in public areas.

Fees:	None
Eligibility:	San Francisco resident, age 60 or over, with low to moderate income
Area Served:	San Francisco
Application:	Apply by phone
Language:	Interpreters (by arrangement)
Accessibility:	Call for information, Stairs to Administration Office
Transportation:	MUNI - Market Street lines, BART - Civic Center Station
Funding:	City, county, grants

DEPARTMENT OF PUBLIC HEALTH
Community Substance Abuse Services

Administrative Office:
1380 Howard St., 4th Flr., (10th St.)
San Francisco, CA 94103

Phone(s):
(415) 255-3500

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Barbara A. Garcia, Director

Services:
Administers local, state and federal funds for alcohol and drug abuse prevention, intervention and treatment programs. Monitors programs for compliance. Provides alcohol and drug abuse treatment through various funded public and private community based programs. Publishes 'Overview,' a directory of alcohol and drug abuse services in San Francisco, annually. Research information and a film library are available for agency use.

Fees:	$5 for directory for non profits. $8 for directory for individuals.
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Filipino (Tagalog), German, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission, 9 San Bruno
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Division Of Mental Health
Central City Senior Unit

90 Van Ness (Corner of Fell)
San Francisco, CA 94102

Phone(s):
(415) 558-5900

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Linda Li Brize, Director

Services:
Provides crisis outreach services, psychiatric evaluation, individual, family and group therapy, home visits, medications, case management, referral to community programs including day treatment for seniors age 60 or over. Also offers community education and consultations. Both brief and long-term therapy are provided.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident, age 60 or over
Area Served:	San Francisco County, primarily South of Market, Tenderloin districts
Application:	Apply by phone
Language:	Filipino (Tagalog), French, German, Italian, Spanish - Serve citywide seniors who are monolingual, Cantonese, Mandarin
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street Lines, BART - Civic Center Station
Funding:	City, county

DEPARTMENT OF PUBLIC HEALTH
Community Mental Health Services
Chinatown North Beach Mental Health Services

729 Filbert Street (Columbus)
San Francisco, CA 94133

Phone(s):
(415) 352-2000

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Wilma Louie, Director

Services:
Provides psychiatric evaluation, crisis intervention, individual therapy, family intervention, medications, group activities and therapy, crisis outreach, consultation, education and information activities, acupuncture treatment for psychiatric disorders, case management services, and a day rehabilitation/socialization program.

Fees:	Sliding scale according to income. Medicare, Medi-Cal, private insurance accepted
Eligibility:	Age 14 or over with a psychiatric problem
Area Served:	San Francisco County, primarily Chinatown, North Beach areas
Application:	Walk in or apply by phone
Language:	Cambodian, Chinese (Cantonese, Mandarin), Italian, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 30 Stockton, 41 Union, 15 Third
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Division Of Mental Health
Mission Integrated Service Center

111 Potrero (15th Street)
San Francisco, CA 94103

Phone(s):
(415) 554-9980
(415) 554-9701 Fax

Days & Hours:
Mon., Tues., Thurs., Fri.,
9-12, 1-3pm and Wed. 9-12
(Patient drop-in hours)

Mon. - Fri., 9-12, 1-4:30
except Wed., 9-12
(Business hours)

Person In Charge:
Manuel Vasquez, Director

Services:
Provides assistance during crisis and emergencies of a psychological nature to Latinos, gays, lesbians and bi-sexual. Services include crisis intervention, short-term psychotherapy, medication if appropriate, information and referral and home visiting when needed. Staff are sensitive to the needs of Spanish speaking persons, lesbians, gays, bi-sexuals and transgender individuals.

Fees:	Vary according to income, Medi-Cal, private insurance accepted
Eligibility:	San Francisco resident, age 18-60, not under the influence of drugs or alcohol
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Spanish
Accessibility:	One small step
Transportation:	MUNI - 9 San Bruno, 22 Fillmore, 33 Stanyan
Funding:	City, county, state, fees

DEPARTMENT OF PUBLIC HEALTH
Division Of Mental Health
Southeast - Mission Geriatric Services

3905 Mission Street (Silver)
San Francisco, CA 94112

Phone(s):
(415) 337-4722

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Julie Peck, Director

Services:
Provides emergency home visits to seniors, age 60 or over, for psychiatric assessment, crisis intervention, information and referral, evaluation for possible hospitalization and or half-way house admission or initiation of conservatorship. Outpatient Services provide assessment, individual therapy, home visits, outreach, information and referral, medication if appropriate, and consultation to family and agencies.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Mission, Southeast districts
Application:	Walk in or apply by phone
Language:	Filipino (Tagalog), German, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission, 67 Bernal Heights, 49 Van Ness, 23 Monterey
Funding:	City, county, Medicare/Medi-Cal

DEPARTMENT OF PUBLIC HEALTH
Geriatric System of Care/CMHS

1380 Howard Street, 5th Floor
San Francisco, CA 94103

Phone(s):
(415) 255-3400

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Jo Ruffin, LCSW, Depty Dir. of Health for CMHS
Thomas Mesa, Director, Geriatric System of Care

Services:
Provides the administration of a comprehensive mental health and substance abuse services system for San Francisco City and County. Services include consultation, information, education, advocacy, outpatient services, case management, day treatment, residential treatment and hospitalization. The Director for Geriatric System of Care administers a comprehensive system for seniors. Four treatment teams located in different areas of the City are the foundation of this system. Call for more specific information.

Fees:	Vary according to income and service, Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Apply by phone for information regarding individual programs
Language:	Vary according to program
Accessibility:	Varies according to program
Transportation:	Not necessary for service
Funding:	City, county, state, federal, fees, Medi-Cal, Medicare

DEPARTMENT OF PUBLIC HEALTH
Health At Home
Home Health Agency

45 Onondaga Avenue
San Francisco, CA 94112

Phone(s):
(415) 753-8116
(415) 753-8174 Fax

Days & Hours:
Mon. - Fri., 8-5 (Office)
Nurses available 24 hours daily

Person In Charge:
Dr. Robert Brody, Acting Director
Kathryn Eng, Administrator
Mary McCutcheon, Director of Client Care Services

Services:
Nurses, Social Workers, Physical and Occupational Therapists, and Home Health Aides make home visits to provide acute care, rehabilitative services, education and support to patients, families and caregivers. A nurse practitioner, doctor, and health educator attend regular interdisciplinary team meetings to provide consultation as needed. The ElderCare Program provides long term, comprehensive geriatric case management and is a special benefit available to clients of the Home Health Agency after skilled nursing care is no longer needed.

Fees:	Medicare, Medi-Cal, Private Insurance
Eligibility:	Physician's approval for service
Area Served:	San Francisco
Application:	Apply by phone. Requests for care can be made by anyone but service requires physician approval
Language:	Cantonese, Mandarin, Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary
Funding:	Medicare, Medi-Cal, City and County of San Francisco

DEPARTMENT OF PUBLIC HEALTH
Laguna Honda Hospital and Rehab. Center

375 Laguna Honda Blvd. (7th Ave)
San Francisco, CA 94116-1411

Phone(s):

(415) 664-1580 General Information
(415) 759-3377 Admissions

Days & Hours:

24 hours daily (General Info.)
Mon. - Fri., 8:30-5 (Office)

Person In Charge:

Lawrence J. Funk, Interim Executive Administrator
Alexander Hines, Admissions & Eligibility Director

Services:

A skilled nursing care facility with an independent rehabilitation center, serving aged 16 and over. Provides inpatient services, including general acute medical unit services to its skilled nursing residents; provides both inpatient and outpatient services within the rehabilitation center. Provides in-home evaluations for rehabilitation patients to determine what in-home care equipment is needed. An AIDS unit provides specialty care. A hospice care unit serves the terminally ill. A respite care program serves persons who live at home, but who are at skilled nursing care level, for up to eight weeks per year, permitting caregivers a rest period. Adult Day Health Center and Senior Nutrition Program services are described separately.

Fees:	Room and board $300 per day. Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident, age 16 or over
Area Served:	San Francisco County
Application:	Phone admissions for packet. Physician referral required
Language:	Interpreter (by arrangement)
Accessibility:	Ramp, wheelchair accessible/restroom
Transportation:	MUNI - 89 Laguna Honda Shuttle, 36 Teresita, 43 Masonic, 44 O'Shaughnessy, 52 Excelsior, 48 Quintara St.; MUNI - Metro K, L, M
Funding:	City, county, state, federal, donations

DEPARTMENT OF PUBLIC HEALTH
LAGUNA HONDA HOSPITAL AND REHABILITATION CENTER
Adult Day Health Center (ADHC)

375 Laguna Honda Blvd. (Woodside)
San Francisco, CA 94116

Phone(s):
(415) 759-3360

Days & Hours:
Mon. - Fri., 8-4:30

Person In Charge:
Linda Franco, Director

Services:
A multidisciplinary Adult Day Health Center which provides comprehensive services to frail elderly enabling them to remain at home as long as possible. Services include van transportation to and from the center, rehabilitation services, social services, nursing and personal care services, recreational and social activities and a hot noon meal.

Fees:	Vary according to income. Medi-Cal accepted
Eligibility:	San Francisco resident, frail elderly or disabled adult
Area Served:	San Francisco County, primarily Sunset, Stonestown, Park Merced and Outer Richmond Districts
Application:	Apply by phone
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Russian
Accessibility:	Wheelchair accessible
Transportation:	Van service arranged (Drivers cannot carry people down stairs)
Funding:	City, county, donations, fees, Medi-Cal

DEPARTMENT OF PUBLIC HEALTH

Maxine Hall Health Center

1301 Pierce Street (Ellis)
San Francisco, CA 94115

Phone(s):

(415) 292-1300 Information
(415) 292-1381 Health Education
(415) 292-1300 Nursing
(415) 292-1330 Public Health Nursing
(415) 563-8200 Methadone Clinic
(415) 621-4858 HIV Testing

Days & Hours:

Mon., Wed., Fri., 8-5
Tues. - Thurs., 8-7 pm

Person In Charge:

Charla Ekstrand, MS, MPA, Center Director
Yeva Johnson, MD, Medical Director

Services:

Provides primary care for all ages. Clinic services include primary care clinic daily, walk in clinics, prenatal clinic and a women's clinic. Also provides HIV screening, counseling, TB testing, hypertension screening, immunizations and annual physicals. Offers health education, nutrition counseling and Public Health Nursing. Participates in the Women, Infants and Children's (WIC) food program.

Fees:	Vary according to income. Medi-Cal accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Walk in or apply by phone, Drop-in clinics available
Language:	Spanish, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa, 38 Geary, 22 Fillmore, 24 Divisadero
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Ocean Park Health Center

1351 - 24th Avenue (Irving)
San Francisco, CA 94122

Phone(s):

(415) 753-8100 Appointments
(415) 753-8116 Home Health Agency

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Lisa Johnson, MD, Medical Director
Terry Wong, Director, Mental Health Services

Services:

Provides primary health care for acute and chronic medical problems of children, adults and geriatric patients. All medical providers are Board Certified Family Practitioners or Family Nurse Practitioners with extensive geriatric experience. Clinic services include Child health Disability Prevention (CHDP) exams, immunizations, pregnancy testing, and family planning. also offers hypertension and TB screening. Participates in the WIC and supplemental food programs. Public Health nurses make home visits and provide case management and health education in schools and at community sites. Health educator provides consultation and general information on health programs, technical assistance in planning health programs, grants and workshops. Case Management and Home Health services for frail elderly or homebound patients is available by referral to Department of Public health Elder Care and Health At Home programs. Russian support groups for immigrant and refugee clients are led by Public Health Nurses.

Fees:	Vary according to income, Medicare, Medi-Cal and private insurance
Eligibility:	San Francisco resident
Area Served:	San Francisco County, primarily Sunset, Richmond, Sea Cliff, Parkside, Oceanview, Merced Heights, Ingleside districts
Application:	Apply by phone. Appointment necessary for clinics
Language:	Chinese (Cantonese/Mandarin), Spanish, Russian (translations available on Wednesday and Thursday mornings)
Accessibility:	Wheelchair access to clinic
Transportation:	MUNI - 16X Noriega, 71 Noriega, 28 Nineteenth Avenue, 29 Sunset,; MUNI Metro - N Judah
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH

Public Conservator

1380 Howard St., 2nd Flr. #232
San Francisco, CA 94103

Phone(s):
(415) 255-3680

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
John Lee, Director

Services:
Provides conservatorship investigation and conservatorship services for San Francisco residents deemed gravely disabled.

Fees:	Ability to pay
Eligibility:	San Francisco resident, court referral
Area Served:	San Francisco County
Application:	Court referral necessary
Language:	Chinese, Ethiopian, Filipino (Tagalog), French, Italian, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, 42 Downtown Loop, 26 Valencia, 9 San Bruno, 14 Mission, 12 Folsom
Funding:	County, state

DEPARTMENT OF PUBLIC HEALTH
SF General Hospital Medical Center

1001 Potrero Avenue
San Francisco, CA 94110

Phone(s):	**Days & Hours:**
(415) 206-8000 General Information	Mon. - Fri., 8-5 (Clinic)
(415) 206-5166 Patient Referral & Assist.	24 hours daily (Emergency)
(415) 206-8111 Emergency	
(415) 206-8558 Eligibility	
(415) 206-8104 Oral Surgery Clinic	
(415) 206-5252 Family Health Center	
(415) 206-3400 Women's Health Center	
(415) 206-8492 Adult Medical Center	
(415) 206-4357 Billing & Eligibility	
(415) 206-4450 Appointments TDD	

Person In Charge:

Gene O'Connell, Chief Executive Officer/Chief Operating Officer
Anthony Wagner, Community Health Network Executive Director

Services:

A county hospital providing inpatient acute care, primary and specialty outpatient clinic services, 24-hour emergency service, dental services, family planning, psychiatric emergency services, and diagnostic ancillary services. Specialized programs described separately.

Fees:	S.F. residents are screened for eligibility for sliding fee scale programs. Medi-Cal, Medicare and private insurance accepted
Eligibility:	All San Francisco resident are seen regardless of ability to pay
Area Served:	San Francisco County
Application:	Clinic visits by appt. Emergency services available 24 hours daily
Language:	Cambodian, Laotian, Vietnamese, Cantonese, Mandarin, Toyshanese, Spanish, Thai, French, Tagalog and Russian. Others by arrangement through interpreter services (206-5133)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 33 Stanyan
Funding:	City, county, federal

DEPARTMENT OF PUBLIC HEALTH

Silver Avenue Family Health Center

1525 Silver Ave. (San Bruno Ave)
San Francisco, CA 94134

Phone(s):

(415) 715-0300 Information
(415) 715-0319 Health Education
(415) 715-0330 Dental
(415) 715-0310 Appointments
(415) 715-0355 Telephone Triage - for specific medical information

Days & Hours:

Mon., Wed., & Fri., 8-5
Tues. and Thurs., 8-8 pm

Person In Charge:

Michael Pile, Center Director
Marie Palazuelos, M.D.,Medical Director

Services:

Provides comprehensive health screening examinations for all ages. Clinic services include well baby, children's clinic, Child Health Disability Prevention (CHDP) examinations, immunizations, school physicals, a women's clinic with family planning services (including IUD's, Norplant), pregnancy testing, prenatal care with delivery at San Francisco General. The center also offers breast examination, pap smears, mammograms, provides hypertension and tuberculosis screening and dental services for age 4-1/2 thru 17. The Public Health Nurses make home visits. Health education component provides CPR classes and senior health education.

Fees:	Sliding scale, vary according to income for family planning, Medi-Cal, private insurance accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County, primarily Bayview, Bernal Heights, Crocker Amazon, Excelsior, Hunters Point, Portola, Silver Terrace, Visitacion Valley districts
Application:	Appointment necessa for clinics call 715-0301
Language:	Chinese (Cantonese), Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 9 Express, 44 O'Shaughnessy
Funding:	City, county, state, federal

DISTRICT ATTORNEY'S
Consumer Fraud And Environmental Protection Unit

732 Brannan Street (6th Street)
San Francisco, CA 94103

Phone(s):
(415) 553-1814

Days & Hours:
Mon. - Fri., 10-12, 1-3
Answering service after 3pm

Person In Charge:
Laurel Pallock, Director, Mediation Services

Services:
Accepts, investigates, and mediates consumer complaints against San Francisco businesses. Provides complaint mediation, legal referral, civil litigation, and criminal prosecution for consumers. Accepts consumer complaints about auto repair, new and used warranties, home repair contracting, false advertising, etc. Provides speakers on preventative consumerism. Provides litigation for hazardous waste cases.

Fees: None

Eligibility: Complaint must be against a San Francisco business or must be a transaction that has occurred in San Francisco

Area Served: San Francisco

Application: Walk in or apply by phone

Language: Spanish, Chinese (Cantonese, Mandarin), Filipino (Tagalog) by arrangement

Accessibility: Wheelchair accessible

Transportation: MUNI - 9 San Bruno, 42 Downtown Loop, 30 Express, 27 Bryant

Funding: City, county

DISTRICT ATTORNEY'S OFFICE
Special Emphasis on Elder Abuse

850 Bryant Street, Room 320
San Francisco, CA 94103

Phone(s):

(415) 553-9044
(415) 551-9541

Days & Hours:

Mon. - Fri., 9-4

Person In Charge:

Cynthia Alexis, Project Coordinator

Services:

Provides assistance to victims of crime in the City and County of San Francisco, to help reduce the trauma of victimization. Provides or arranges services to victims of crime, including emergency assistance, information and referral, assistance in filing for victims of crime compensation and restitution and orientation and support through the criminal justice system. The program is citywide, however, it specifically targets the Bayview Hunter's Point, Chinatown, and Tenderloin neighborhoods.

Fees:	None
Eligibility:	65 or older, Victim of crime in San Francisco
Area Served:	San Francisco
Application:	Walk-in, mail, phone
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, by arrangement
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 42 Downtown Loop, 30 Express, 27 Bryant
Funding:	City, County, State

MAYOR'S OFFICE OF HOUSING

25 Van Ness Avenue, Suite 600
San Francisco, CA 94102

Phone(s):

(415) 252-3177
(415) 252-3140 Fax

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Marcia Rosen, Director
Daryl Higashi, Deputy Director

Services:

Provides low-interest loans to low-income owner occupants in targeted neighborhoods to repair housing code deficiencies or to make accessibility modifications for disabled persons. Also provides Rehabilitation Matching Funds Loans for rental properties in targeted low-income areas to correct housing code violations, to conform to Section 8 housing standards, to improve handicapped access or energy efficiency. Offers below market interest rate loans for low-to-moderate-income first-time homebuyers.

Fees:	Vary according to program
Eligibility:	San Francisco resident, low or moderate income in targeted neighborhoods for rehabilitation (Bayview Hunters Point, Bernal Heights, Chinatown/North Beach, Hayes Valley, Inner Mission, North of Market, Ocean View, Merced Heights, Ingleside, Potrero Hill, South of Market, Visitacion Valley, Western Addition). Seniors or physically disabled city-wide
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Chinese (Cantonese, Mandarin), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Van Ness and Market Street Lines, MUNI Metro - Van Ness Station, BART - Civic Center Station
Funding:	City, county, federal, state

MAYOR'S OFFICE OF NEIGHBORHOOD SERVICES

401 Van Ness Avenue, Room 416
San Francisco, CA 94102

Phone(s):
(415) 554-7111

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Bevan Duffy, Director

Services:
Helps solve problems involving city and gives referrals to city government programs and services. Help citizens to understand city services and to avoid 'red tape'.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in, phone, mail, fax (554-6474) or email Willie_Brown@ci.sf.ca.us
Language:	Spanish, Tagalog, Cantonese
Accessibility:	Wheelchair accessible/restroom/ramp
Transportation:	MUNI - Metro (Civic Center Station), F Market, 5 Fulton, 47 Van Ness, 19 Polk, 21 Hayes, 42 Downtown Loop
Funding:	City, county

POLICE DEPARTMENT
Senior Escort Patrol Crime Prevention Services

Main Office and Capp Street Office:
1101 Capp Street
San Francisco, CA 94110

Chinatown Office:
799 Pacific Avenue
San Francisco, CA 94133

Phone(s):
(415) 695-5170 Main/Capp St.
(415) 391-5686 Chinatown

Days & Hours:
Mon. - Fri., 8-4:30

Person In Charge:
Rochelle Frazier, Executive Director
Raul Moreno, Site Supervisor (1101 Capp St.)
Louella Leon, Site Supervisor, (Chinatown)

Services:
Crime prevention program providing the following services to seniors 60 years and older in San Francisco County. Walking patrols in the Mission, Chinatown, North and South of Market, Bayview-Hunters Point, and Western Addition. Protective escorts and group shopping. Crime preventions meeting and literature distribution.

Fees:	None
Eligibility:	San Francisco residents 60 years and older
Area Served:	San Francisco County
Application:	Apply by telephone
Language:	Chinese (Cantonese, Mandarin), and Spanish
Accessibility:	None
Transportation:	MUNI - 14 Mission, 30 Stockton, 45 Union-Stockton, BART - 24th Street Station
Funding:	City

PUBLIC ADMINISTRATOR/GUARDIAN

25 Van Ness Avenue, #200 (Market)
San Francisco, CA 94102

Phone(s):

(415) 554-1150

Days & Hours:

Mon. - Fri., 8-12, 1-5

Person In Charge:

Ricardo Hernandez, Public Administrator/Public Guardian
Michele McCabe, Assistant Public Administrator/Public Guardian

Services:

As Public Guardian, protects persons who are conserved under a Probate Conservatorship and manages their estates/assets. Conservatees are legally declared unable to manage their own personal and financial affairs. As Public Administrator, manages the estates/property of deceased person when no executor is named and no family can act.

Fees:	Established by the Superior Court
Eligibility:	Geriatric adults at risk of financial or fiscal abuse who are legally declared unable to manage their own personal affairs. Must be referred by professionals and the court must appoint the Public Guardian as the conservator
Area Served:	San Francisco County
Application:	Order referral packet by phone
Language:	Chinese, Filipino (Tagalog), Spanish, Russian
Accessibility:	N/A
Transportation:	Not necessary for service
Funding:	City, county

PUBLIC ADMINISTRATOR/GUARDIAN

County Veterans Service Office

25 Van Ness Ave., #200 (Market)
San Francisco, CA 94102

Phone(s):

(415) 554-2370
(415) 554-2377 Fax
(415) 554-2378 TDD
Email: cdcook@wco.com
Website: www.ci.sf.ca.us/cova
Keywords: Veterans Benefits

Days & Hours:

Mon. - Fri., 9-12. 1-4

Person In Charge:

Ricardo Hernandez, Veterans Service Officer
Cheryl D. Cook, Office Director

Services:

Provides assistance to veterans and their dependents/surviving spouses who are seeking benefits from the United States Department of Veterans Affairs. These benefits consist of service-connected compensation, non-service-connected pension, education benefits, vocational rehabilitation and burial benefits to name a few.

Fees:	None
Eligibility:	Veteran of the United States Armed Forces
Area Served:	San Francisco County
Application:	Not necessary for service
Language:	Spanish, Cantonese/Toisan
Accessibility:	Wheelchair accessible, regulation handicapped counter
Transportation:	Not necessary for service
Funding:	City, county

PUBLIC ADMINISTRATOR/GUARDIAN

Rep Payee Program

24 Oak Street
San Francisco, CA 94102

Phone(s):
(415) 554-1175

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:

Ricardo Hernandez, Rep Payee
Vicki Bates, Manager Rep Payee Program

Services:

Provides rep payee services for frail elderly and mentally ill clients. Clients must be receiving services from a community mental health case manager or residing in a locked psychiatric facility

Fees:	None
Eligibility:	San Francisco residents who have a mental health case manager or reside in a locked psychiatric facility
Area Served:	San Francisco County
Application:	Referrals must be made by a case manager via Community Mental Health.
Language:	Spanish, Tagalog
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	City/County

PUBLIC LIBRARY
Library For The Blind And Print Disabled

100 Larkin Street
San Francisco, CA 94102

Phone(s):

(415) 557-4253

Days & Hours:

Mon. - Thurs., 1-6 pm
Tues. - Wed., 10-6 pm
Fri., 12-5 pm
Sat. - Sun. (Closed)

Person In Charge:

Martin Magid, Librarian

Services:

A public library with special services for visually impaired persons. Services include talking books, audiocassette news magazines, video magnifier, brailling machine and other special materials and programs for the blind and visually impaired. Books and equipment can be mailed to and from the library free of charge to qualified persons. Persons with AIDS, multiple sclerosis and physically disabling conditions are also eligible for service.

Fees:	None
Eligibility:	San Francisco County resident, blind or print handicapped
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Japanese, Spanish
Accessibility:	Ramp, wheelchair accessible/restroom
Transportation:	MUNI - 19 Polk, 5 Fulton, 7 Haight, 21 Hayes, F Market. Muni Metro/BART: Civic Center Station
Funding:	City, county, federal

PUBLIC LIBRARY
Library On Wheels - Bookmobile

100 Larkin Street
San Francisco, CA 94102

Phone(s):
(415) 557-4345

Days & Hours:
Mon. - Thrus., 9:30-5

Person In Charge:
Robert Harrison, Technicians in Charge

Services:
A traveling branch library that carries the library to older adult communities, senior housing projects, hotels, residential care homes, and senior centers. Offers free delivery of library materials, books including large print books and magazines (English, Chinese and Spanish), audiotapes and community resource information. Library cards provided.

Fees:	None
Eligibility:	San Francisco resident, age 60 or over
Area Served:	San Francisco County
Application:	Apply by phone for application or to obtain schedule
Language:	Some Spanish
Accessibility:	Wheelchair accessible
Transportation:	Not necessary for service
Funding:	City, county, vehicle purchased by Friends of the Library

RECREATION AND PARK DEPARTMENT

501 Stanyan Street
San Francisco, CA 94117

Phone(s):

(415) 831-2700 General Information
(415) 666-7079 Senior Activities

Days & Hours:

Mon. - Fri., 8-5 (Office)
Mon. - Fri., 8:30-5:30pm (Senior Activities)

Person In Charge:

Joel Robinson, General Manager
Elizabeth A. Gee, Coordinator, City-wide Senior Activities

Services:

The City-Wide Senior Adult Program of the San Francisco Recreation and Park Department offers a wide variety of recreational and social activities to senior adults, age 55 and older, at locations throughout the City of San Francisco. The Department operates 2 multi-purpose senior centers (Golden Gate Park Senior Center, 6101 Fulton Street @ 37th Avenue, and Rosa Parks Senior Center, 1111 Buchanan Street @ Golden Gate Avenue), as well as approximately 30 senior clubs and senior aquatics programs operating at recreation centers, playgrounds and pool sites located throughout the City of San Francisco. The Department, furthermore, offers 8 special events including outings, dances, Hobbies & Collectibles Show and 2 five day camping trips to Camp Mather, near Yosemite National Park.

Fees:	Vary according to service, some activities are free
Eligibility:	None for most services, San Francisco resident for some; 55 years of age or older
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Vary according to site
Accessibility:	Varies
Transportation:	Call MUNI information for particular location (673-6864/MUNI)
Funding:	City, county, donations, grants

RESIDENTIAL RENT STABILIZATION AND ARBITRATION BOARD

25 Van Ness Ave., #320 (Market)
San Francisco, CA 94102-6033

Phone(s):

(415) 252-4600 (24-Hr Info & Counseling)
(415) 252-4699 Fax
(415) 252-4660 24-Hour Fax Backup Service
Internet: http://www.ci.sf.ca.us/rentbd/

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Joe Grubb, Executive Director

Services:

Provides information to landlords and tenants on allowable rent increases, lawful eviction and the City's rent stabilization law. Arbitrates conflicts related to rent and eviction. Information Line available (24 hours) call 252-4600.

Fees:	None, except for estimator fees for capital improvement petitions
Eligibility:	San Francisco tenant or landlord of San Francisco residential rental unit. Subsidized housing units and buildings built after June 1979 are exempt
Area Served:	San Francisco
Application:	Walk in or apply by mail
Language:	Chinese (Cantonese, Mandarin), Spanish, Tagalog
Accessibility:	Wheelchair accessible restroom/ramp
Transportation:	MUNI - Market Street Lines, 21 Hayes, Van Ness Lines
Funding:	City

SAN FRANCISCO FIRE DEPARTMENT
Division of Emergency Medical Services

1216 Ralston Avenue
P. O. Box 29176
San Francisco, CA 94129-0176

Phone(s):

911 Emergencies
(415) 561-5900 Administration

Days & Hours:

24 Hours
Daily: 8-5 (Office)

Person In Charge:

Richard C. Shortall, EMS, Chief

Services:

A paramedic and ambulance are on call 24 hours daily to respond to medical emergencies and provide transportation to victims to nearest appropriate medical facility.

Fees:	Vary according to income, Medicare, Medi-Cal, private insurance
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Chinese (Mandarin), Japanese, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 29 Sunset, 28 - 19th Avenue
Funding:	City, county

1999 Resource Guide

Agency Profiles

ALCOHOLICS ANONYMOUS (AA)

1540 Market Street, #150
San Francisco, CA 94102

Phone(s):

(415) 621-1326 (24 Hours)
(415) 554-8811 Spanish
(415) 621-0258 Fax
aa@aa.san.francisco.org (e-mail)
www.aa.san.francisco.org
(website for meeting schedule)

Days & Hours:

Mon. - Fri., 8:30-5:30 (Office)

Person In Charge:

Bruce Kennedy, Manager

Services:

Offers a mutual help program for persons whose lives have been affected by alcohol. Men and women alcoholics share their experiences in meetings at locations throughout the area served. The only requirement for membership is a desire to stop drinking. Call to find out the locations and meeting times. Offers a speakers' bureau.

Fees:	None
Eligibility:	Desire to stop drinking alcohol
Area Served:	Marin and San Francisco Counties
Application:	Walk in or phone
Language:	Spanish, others (by arrangement)
Accessibility:	Varies according to meeting location
Transportation:	Varies according to meeting location
Funding:	Voluntary, member-only contributions

ALL HALLOWS COMMUNITY

1711 Oakdale Avenue (Newhall)
San Francisco, CA 94124

Phone(s):

(415) 550-1637
(415) 550-0306 Fax

Days & Hours:

Mon. - Fri., 9-4:30

Person In Charge:

Sister Grace Grima, Director

Services:

Provides low-cost housing for senior or disabled persons. A hot meal is served daily, Monday - Friday at lunch time. Also offers recreational activities; case management.

Fees:	Vary according to income
Eligibility:	Physically disabled or seniors age 62 or over
Area Served:	San Francisco County
Application:	Apply by phone
Language:	French, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 15 Third, 23 Monterey, 24 Divisadero, 44 O'Shaughnessy
Funding:	Federal (HUD), fees

ALUMNAE RESOURCES

120 Montgomery, Suite 600
San Francisco, CA 94104-4309

Phone(s):

(415) 274-4700 Client Services
(415) 274-4747 Taped Information
www.ar.org

Days & Hours:

Mon. - Thur., 9-7pm
Fri., 9-4
Sat., 10-2

Person In Charge:

Linda de Mello, President

Services:

Offers comprehensive career development services including individual career counseling, self-assessment, work/job search and professional development workshops. Membership benefits include unlimited use of Resource Center library, free Web access, and touchtone job listing service; special workshops, member support/networking groups, the Career Advisor Network, and discounts on all services. Free one-hour orientations are held Monday-Saturday at 12pm and the first and third Mondays of the month at 6pm.

Fees: Annual membership - $120; 3-month membership $75. Workshops - $20 - $290. Career counseling - $60 - $75 per session

Eligibility: No requirements

Area Served: Bay Area Region

Application: Walk in, attend orientation program, or phone for more information

Language: Spanish, French, Cantonese, Mandarin, Thai

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Montgomery Street Station

Funding: Fees, membership fees, donations, fundraising events

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

601 "E" Street, N.W.
Washington, D.C. 20049

Phone(s):

(202) 434-2277 National Office
(800) 424-3410 Membership Inquiries
(800) 456-2277 Pharmacy Program
(916) 446-AARP State of California Office

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Depends on the particular level of organization

Services:

AARP is a non-profit, non-partisan organization dedicated to helping Older Americans achieve lives of independence, dignity and purpose. Members enjoy a multitude of services and a strong advocate voice. For a listing of San Francisco chapters, call AARP California State Office at (916) 446-AARP.

Fees:	$8/yr, $20/3yrs, $45/10yrs (all fees cover couples)
Eligibility:	50 years or over
Area Served:	National
Application:	Call Membership
Language:	Varies - depending on location
Accessibility:	Wheelchair accessible
Transportation:	Varies - depending on location
Funding:	Membership dues, sales group royalities, publications

AMERICAN CANCER SOCIETY
San Francisco Unit

235 Montgomery, Suite 320
San Francisco, CA 94104

Phone(s):

(415) 394-7100
(800) 227-2345

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Emily H. Warden, Director

Services:

Supports cancer research and provides services for cancer patients and their families. Offers short term counseling, information and guidance, sickroom equipment or assistive medical devices on loan. Transportation to and from medical treatment for ambulatory patients is provided by volunteer drivers or taxi. Volunteer rehabilitation self-help programs "Reach to Recovery - Breast Cancer," and United Ostomy Association - Ostomates and Laryngectomy are run by former patients. A volunteer cosmetology program helps women undergoing radiation or chemotherapy with make-up. Co-sponsors a breast cancer support group. Offers low-cost smoking cessation groups. Educational films, literature and speakers are available on request.

Fees:	None for educational services
Eligibility:	Diagnosis of cancer, must meet financial requirements for some services
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Cantonese, Vietnamese and limited Spanish
Accessibility:	Elevator
Transportation:	MUNI - Market Street lines. BART - Montgomery Street Station
Funding:	Grants, donations

AMERICAN CIVIL LIBERTIES UNION (ACLU)

1663 Mission Street, 4th Floor
San Francisco, CA 94103

Phone(s):

(415) 621-2488

Days & Hours:

Mon. - Fri., 9-5 (Office)
Mon. - Fri., 10-3 (by phone only)
(Complaint counselors)

Person In Charge:

Dorothy Ehrlich, Executive Director

Services:

A public interest organization devoted to protecting basic civil liberties. Cases are selected that will have the widest impact on the greatest number of people, and that have the potential to establish new or broad precedents (e.g., cases involving freedom of expression, the right to privacy, due process and equal protection of the law, etc.) Cases not selected are provided referrals to other services, if possible. Does not operate as a general provider of legal services. Literature is available on constitutional litigation and the legal rights of various groups.

Fees:	Annual membership dues for members only
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Sonoma Counties and Northern California
Application:	Apply by phone or mail
Language:	Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - Mission Street, Van Ness Lines. BART - Civic Center, 16th Street Station
Funding:	Membership dues, donations, grants

AMERICAN DIABETES ASSOCIATION
San Francisco Chapter

631 Howard Street, #520
San Francisco, CA 94105

Phone(s):
(415) 777-4499

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Jarvis P. Green, Area Executive Director

Services:
Provides educational information about diabetes to patients, the community and health care professionals. Provides diet information. Sponsors support groups and conducts educational meetings throughout San Francisco. Supports and promotes research to find a cure for diabetes. Publishes "Diabetes Forecast Magazine" which is distributed to members. Spanish literature is available.

Fees:	None for educational services. Annual membership - $24, includes subscription to Diabetes Forecast magazine
Eligibility:	No requirements
Area Served:	San Francisco, Marin and East Bay, North Coast Counties
Application:	Apply by phone or mail
Language:	None
Accessibility:	Wheelchair accessible/restroom, elevator
Transportation:	MUNI - 15 Third, 30 Stockton, 9X San Bruno Express, 42 Downtown Loop, 38 Geary, Market Street lines. BART - Montgomery Station
Funding:	Memberships, donations and grants

AMERICAN HEART ASSOCIATION
San Francisco Division

120 Montgomery, Suite 1650
San Francisco, CA 94104

Phone(s):
(415) 433-2273

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Neela Benjamin Gentile, Executive Director

Services:
Provides educational materials about heart disease and stroke prevention, treatment and rehabilitation including limited materials in Chinese, Tagalog and Spanish. Offers diet consultation, educational seminars, a film library and information and referral. Offers special health promotion programs: Heart At Work for employees at the worksite, Heart Power - a program for schools, Chinese Community Cardiac Council, Heart in the Black Community, El Corazon de la Comunidad, and Filipino Community Heart Council. Provides referrals for heart saver cardiopulmonary resuscitation (CPR) and maintains a speakers' bureau. Sponsors a stroke club for stroke survivors and their families. Sponsors an annual symposium for physicians and nurses.

Fees:	Vary according to service
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Spanish, Cantonese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - all Metro Lines, 2 Clement, 3 Jackson, 4 Sutter, 30 Stockton, 45 Union. BART - Montgomery Street Station
Funding:	Donations from individuals and corporations

AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO AND SAN MATEO COUNTIES

2171 Junipero Serra, Suite 720
Daly City, CA 94014-1999

Phone(s):

(650) 994-5864
(800) LUNG-USA
E-mail: LindaCJ@ALASFSM.ORG

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Linda Civitello-Joy, Executive Director

Services:

Provides educational services and consultation to individuals, agencies, and organizations. Programs include prevention/control of lung disease, especially emphysema, chronic bronchitis, asthma, TB; smoking prevention, education, cessation for the general public, teens, pregnant women, employees; programs in and materials on occupational and environmental respiratory health hazards in the home and worksite; improvement of community health and welfare and clean air; support for medical research projects. Direct services include the Better Breathers Course and the Better Breathing Club for people and their families suffering from chronic respiratory illness and annual summer camps for children 6-12 who suffer from asthma, and more.

Fees:	Vary according to service. Single copies of literature free
Eligibility:	People who live or work in San Francisco and San Mateo residents
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone or mail
Language:	Spanish, Cantonese
Accessibility:	Wheelchair accessible
Transportation:	BART to Daly City station, then walk 4 blocks
Funding:	Donations, fundraising, grants

AMERICAN RED CROSS - BAY AREA

85 - 2nd Street
San Francisco, CA 94105

Phone(s):

(415) 427-8000

Days & Hours:

Mon. - Fri., 8:30-5
Emergencies, 24 Hours daily

Person In Charge:

Harold W. Brooks, Chief Executive Officer

Services:

Provides free and immediate emergency assistance (food, clothing, shelter) to victims of disasters (flood, fire, earthquakes, etc.) Victims may be eligible for other basic needs assistance through Red Cross or by Red Cross referral to other agencies. Provides information about the safety of people in disaster affected areas, provides community education and earthquake preparedness courses. Provides training to disaster relief workers. Maintains a speakers' bureau and a resource library for disaster planners. Counseling and crisis intervention is provided to military families. World-wide 24-hour communication system helps verify and report emergency situations affecting military personnel and their families and helps to re-establish and maintain relationships. Financial assistance is available to assist military families and eligible veterans with basic needs. International tracing and social services available to the general public regarding location, health and welfare of foreign national relatives living abroad and family reunification. Provides health services during disasters, and health stations at community events. Extends community health resources through use of volunteers. AIDS education for teens and adults provided in English and Spanish. Safety services provide classes in first aid, CPR (cardio-pulmonary resuscitation), swimming and life saving, and small craft safety. Provides CPR, first-aid and disaster preparedness educational services to business and industry. Interpretation services are available upon request in 22 languages via a volunteer language bank. Provides information and referral. Youth Services division teaches health, safety and disaster awareness to youth in schools. Offers a leadership development program. Youth for Chinatown Elderly matches young recent immigrants with an elderly Chinatown resident in a friendly visiting program.

Fees: None for social services, course fees vary

Eligibility: Vary according to service requested

Area Served: Ten locations around the five county Bay Area

Application: Walk in. Phone for an appointment or referral

AMERICAN RED CROSS - BAY AREA (continued)

Language: Chinese (Cantonese, Mandarin), Filipino (Tagalog), others (by arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - All Market Street and Mission Street Lines are accessible BART/MUNI Metro: Montgomery Station

Funding: Public, United Way, donations, grants, special events

AMERICAN SOCIETY ON AGING (ASA)

833 Market Street, Suite 511
San Francisco, CA 94103-1824

Phone(s):
(415) 974-9600

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Gloria Cavanaugh, Executive Director
Jim Emerman, Associate Executive Director

Services:
A national non-profit organization of practitioners and professionals in the field of aging. Produces two publications - "Generations" and "Aging Today." The society holds 15 major professional educational events and conferences each year. The association's annual conference is held in various cities across the nation.

Fees:	Memberships - $110 individual, $45 student, $300 organizations, $55 reduced rate
Eligibility:	No requirements
Area Served:	National
Application:	Apply by phone or mail
Language:	None
Accessibility:	Elevator
Transportation:	MUNI - Market Street lines. BART - Powell Street Station
Funding:	Donations, memberships, fees, subscriptions and grants

ARRIBA JUNTOS

1850 Mission Street
San Francisco, CA 94103

Phone(s):

(415) 863-9307
(415) 863-9314 Fax

Days & Hours:

Mon. - Fri., 8:30-5
Evening and weekend by appointment only

Person In Charge:

David Bracker, Executive Director

Services:

Arriba Juntos helps families striving for self-sufficiency to improve the quality of their lives. We offer a variety of programs in employment, training, and education for all ages and cultures. Arriba Juntos has direct job placement services, on-the-job training, computer and occupational training (health careers and automated office skills), adult basic education and children's remedial education. Arriba Juntos also serves as the Employment Development Department's (EDD) Mission District service center, with an EDD staff person at Arriba Juntos every day.

Fees:	All services are free of charge, based on eligibility requirements. (If you do not qualify for one of the training programs, a sliding-scale tuition is available)
Eligibility:	Low income or economically disadvantaged
Area Served:	Bay Area, with special emphasis on San Francisco and the Mission District
Application:	Complete application at offices and attend a registration session
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	BART: 16th Street Station MUNI: 14, 22, 26, 33, 49, 53
Funding:	Private Industry Council of San Francisco, United Way Community Fund, various other local agencies, foundations, corporations and individuals

ARTHRITIS FOUNDATION
Northern California Chapter

657 Mission Street, Suite 603
San Francisco, CA 94105

Phone(s):

(415) 356-1230
(800) 464-6240
(415) 356-1240 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Judy McAbee, President
Kathy Downs, Vice President of Programs

Services:

Supports research to find the cure for and prevention of arthritis and offers programs to improve the quality of life for people with arthritis: free literature, physician referral, self-help classes, exercise programs, education and support groups, public forums and speakers bureau. Special programs available for children with arthritis.

Fees:	Vary according to service, most services free or low cost
Eligibility:	No requirements for most services
Area Served:	Alameda, Contra Costa, Del Norte, Humboldt, Marin, Mendocino, San Francisco, San Mateo, Santa Clara, Lake, Monterey, Napa, San Benito, Santa Cruz, Solano and Sonoma Counties
Application:	Walk in, phone or mail
Language:	Spanish
Accessibility:	Elevator wheelchair accessible/restroom
Transportation:	MUNI - Van Ness lines, 31 Balboa, 38 Geary
Funding:	Donations, grants

ASIAN LAW CAUCUS

720 Market Street, Suite 500
San Francisco, CA 94102

Phone(s):

(415) 391-1655
(415) 391-0366 Fax

Days & Hours:

Mon. - Fri., 9-12, 1-5

Person In Charge:

Joe L. Lucero, Executive Director

Services:

Provides general legal assistance, counseling, and direct representation and community education. Services include cases involving employment/labor, immigration and naturalization, tenant and housing rights, public benefits, hate crimes, voting rights and other civil rights issues. Community education is provided through pamphlets, workshops, presentations to schools, nutrition sites and other institutions and technical assistance to agencies and their staff. Clinic assistance is available on Tuesday and Thursday evenings twice a month for eligible clients.

Fees: Vary according to income and service. First consultation is free. Services free to clients over 60 years of age that reside in San Francisco

Eligibility: Must be a senior, from San Francisco, or low to moderate income person

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Apply by phone (call for appointment)

Language: Chinese (Cantonese, Mandarin), Filipino (Tagalog, Cebuano), Vietnamese, Burmese, Spanish

Accessibility: Elevator, wheelchair accessible

Transportation: MUNI - 15 Third, 38 Geary, 5 Fulton, 30 Stockton, 71 Haight. BART - Montgomery, Powell Station

Funding: Grants, donations, United Way, State Bar Trust Fund, city (Commission on the Aging and CDBG), Department of Justice

BAR ASSOCIATION OF SAN FRANCISCO

Lawyer Referral Service

465 California Street, Suite 1100
San Francisco, CA 94104

Phone(s):

(415) 989-1616 Lawyer Referral
(415) 982-1600 Bar Association

Days & Hours:

Mon. - Fri., 8:30-5:30

Person In Charge:

Carol Woods, Director, Lawyer Referral Service
Tanya Neiman, Dir., Volunteer Legal Services Prog.

Services:

Provides referrals to experienced & insured attorneys for all types of legal problems through the Lawyer Referral Service (LRS). LRS staff will schedule a consultation with an appropriate attorney. Home visits and telephone consultations can be arranged. LRS also serves as a clearinghouse for other resources and can refer clients to appropriate social service and governmental agencies. Low-income clients are referred to attorneys who have agreed to substantially reduce their normal rates, or to the volunteer Legal Services Program, if eligible. Offers several special programs for low-income individuals through the Volunteer Legal Services Program (VLSP). VLSP staff interview clients by telephone and make referrals to individual volunteer attorneys through the No Fee Panel or to a clinic. Clinics include family and landlord/tenant issues. Handles civil law cases only (no fee generating, criminal or juvenile cases which the public defender can handle). Provides a free Legal Advice and Referral Clinic on the second Saturday of each month, from 10:00 am - 11:30 am, giving general legal advice on many topics/cases. The clinic is open to the general public, and is located at the main public library, in the Latino Community Room on the ground floor. Interested persons can call the Lawyer Referral Service at 989-1616 for more information. The Homeless Advocacy Project provides free legal clinics for people in immediate danger of becoming homeless. Clinics are held the second and fourth Thursday of each month at 1101 O'Farrell (at the intersection of Franklin and Starr King), from 1:30 pm - 3 pm. The Immigration Project assists HIV positive immigrants with all immigration issues as well as assisting immigrant children in foster care to obtain legal permanent residence. VLSP is also part of the Northern California Citizenship Project and provides legal services to clients seeking to become citizens.

Fees: First half hour consultation $25 for regular and low-fee attorneys, additional fees negotiable. Free services available to eligible low-income and indigent clients

Eligibility: None except for low-fee and no-fee referrals

BAR ASSOCIATION OF SAN FRANCISCO (continued)
Lawyer Referral Service

Area Served:	San Francisco County
Application:	Apply by phone (except special clinics available on a walk-in basis as described above)
Language:	Chinese (Cantonese, Mandarin), Spanish, French, Vietnamese
Accessibility:	Not applicable. Clients may request referral to an attorney whose office is wheelchair accessible
Transportation:	Not necessary for service
Funding:	Fees, attorney fees, grants

BAYVIEW HUNTER'S POINT MULTIPURPOSE SENIOR CENTER

1706 Yosemite (3rd Street)
San Francisco, CA 94124

Phone(s):

(415) 822-1444
(415) 822-5327 Fax

Days & Hours:

Mon. - Fri., 8-5
Sat., 9-3:30

Person In Charge:

Dr. George Davis, Executive Director

Services:

Provides social, recreational arts and crafts, exercise, nutritional and health programs for seniors primarily in southeastern San Francisco. Hot lunches are served five days a week. Classes are held in sewing, quilting and crocheting. Guest speakers provide health and community service information. Health screening is provided for blood pressure and podiatry. A barber is available weekly; walking group is daily. Legal advice and forms assistance is regularly scheduled. We are a SHARE and Brown Bag food program site. Transportation is provided to and from the center and to off-site social events.

Fees:	$1.25 donation requested for lunch. Some field trips have fees
Eligibility:	Seniors age 60 or over
Area Served:	San Francisco County, primarily Southeast District
Application:	Walk in or apply by phone
Language:	Spanish (By arrangement)
Accessibility:	Elevator wheelchair accessible restroom
Transportation:	MUNI - 15 Third, 54 Felton
Funding:	City (Commission on the Aging), United Way, donations

BAYVIEW HUNTER'S POINT MULTIPURPOSE SENIOR CENTER
Adult Day Health Center (ADHC)

1250 La Salle (Newcomb)
San Francisco, CA 94124

Phone(s):

(415) 826-4774
(415) 826-0178 Fax

Days & Hours:

Mon. - Fri., 8-5 (Office)
Mon. - Fri., 9:30-3 (Services)

Person In Charge:

Dr. George Davis, Executive Director
Cathy Davis, Program Director

Services:

Offers a multidisciplinary assessment and case management program for adults age 18 or over with functional impairments either physical or mental. The Center works with frail elderly, stroke and heart attack survivors and persons with handicapping conditions, to maintain maximum independence and avoid nursing home placement. Provides nursing and personal care, rehabilitation including physical, occupational and speech therapy. A hot lunch and snack are served daily. Social work services and a dietitian are available for consultation. Transportation to and from the Center is provided to residents of neighborhoods served.

Fees: Vary according to income ($50 - $60 per day). Medi-Cal, private insurance accepted

Eligibility: S.F. resident, age 18 or over, frail, under a Dr.'s care and unable to maintain current level of functioning

Area Served: San Francisco County, primarily Bayview-Hunter's Point, Potrero, Sunnydale and Inner Mission Districts

Application: Apply by phone

Language: English, Spanish

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 44 O'Shaughnessy, 54 Felton, wheelchair accessible van pick-up service can be arranged/Application to Paratransit for frail elders with disabilities

Funding: Donations, grants, S.F. Dept. of Public Health, Medi-Cal reimbursement, private insurance

BAYVIEW HUNTER'S POINT NETWORK FOR ELDERS

Serving the Bayview Hunter's Point Community

3450 Third Street
Bldg. 2A, Suite 200
San Francisco, CA 94124

Phone(s):

(415) 647-5353
(415) 647-5904 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Shireen McSpadden, Executive Director

Services:

Offers case management - case managers provide information and assist frail elders in service access. This includes help with or referrals to meal programs, transportation, attendant care, decision making, money management, legal matters, Social Security/SSI benefits, Medicare/Medi-Cal, problem-solving, housing, caregiver support, health and mental health care. The Network provides attendant care services on a sliding scale. The Network has a volunteer interfaith caregiver program which provides friendly visiting, phone reassurance, transportation, bill paying, yard cleanup and minor home repair. We also conduct health education workshops and arthritis pain management classes.

Fees:	None for case management, volunteer help or arthritis classes; Sliding scale for attendant care workers
Eligibility:	BVHP residents only; 55+
Area Served:	Bayview Hunters Point
Application:	Apply by phone
Language:	None
Accessibility:	Wheelchair accessible/elevator
Transportation:	MUNI - 15 Third Street, 19 Polk
Funding:	Grants, COA, CDBG funding, donations

BERNAL HEIGHTS NEIGHBORHOOD CENTER

515 Cortland Avenue (Andover)
San Francisco, CA 94110

Phone(s):

(415) 206-2140 Administration
(415) 206-2142 Lunch/Activities
(415) 206-9177 Neighborhood Elders' Support Team (NEST)

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Mauricio Vela, Center Director
Carmen Mendieta, Senior Services Director
Julie Dominguez, NEST Program Director
Lisa Lopez-Coffey, NEST Volunteer Coordinator

Services:

The Bernal Heights Senior Program provides social services assistance, daily social activities, educational presentations, a congregate meal lunch site, and senior discount fast passes. Podiatrist services, massage and blood pressure checks. Bi-monthly grocery shopping trips and day outings. Annual Health Fair, cultural and holiday celebrations and monthly Birthday Party & Dance. Group van service for frail elders. Monthly grocery bags/EOC Surplus Food Boxes distributed to low income seniors. Emergency Meal Program delivers frozen meal supplies to frail elders on home delivered meal waiting lists or temporary disability. Emergency taxi scrip provided to elders on Paratransit waiting lists. The Neighborhood Elders' Support Team (NEST) provides case management; and works to meet the practical, physical and emotional needs and concerns of frail and homebound Bernal Heights elders by linking them with social services, community resources and neighbor volunteers.

Fees:	$1.25 suggested senior lunch donation
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Bernal Heights
Application:	Apply by phone or drop in during the morning
Language:	Spanish, Filipino (Tagalog)
Accessibility:	Wheelchair accessible
Transportation:	24 Divisadero, Group van service for eligible seniors
Funding:	City, State, Federal, United Way, grants, donations

CALEB G. CLARK POTRERO HILL HEALTH CENTER

1050 Wisconsin Street (Connecticut)
San Francisco, CA 94107

Phone(s):

(415) 648-3022

Days & Hours:

Mon. - Fri., 8:30-5:30
24 Hours Daily (MD available by phone for registered patients)

Person In Charge:

Michael Drennan, MD, Director/Medical Director

Services:

Offers complete medical and dental services for adults and children with consultation back-up provided through San Francisco General Hospital. Medical services include prenatal care, pediatrics, nutrition, podiatry and social work. An internist, nurse practitioner and family practice physicians are on staff. Also offers health education outreach programs in neighborhood schools and day care centers. Dental services include fillings and root canals for selected patients, along with preventive services.

Fees:	Vary according to income from 20% to 100% of cost. Medi-Cal, Medicare, private insurance accepted
Eligibility:	Proof of income and San Francisco residence required for sliding scale subsidy
Area Served:	San Francisco County, primarily Potrero Hill, Mission, South of Market, Bernal Heights and Bayview Districts
Application:	Walk in, appointment or referral
Language:	Spanish, Filipino (Tagalog)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, 53 Southern Heights, 48 Quintara
Funding:	Federal, city, county, fees through the San Francisco Dept. of Public Health, Division of Community Public Health

CALIFORNIA ADVOCATES FOR NURSING HOME REFORM

1610 Bush Street (Franklin)
San Francisco, CA 94109

Phone(s):

(415) 474-5171
(415) 474-2904 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Patricia McGinnis, Director

Services:

Advocates on behalf of nursing home residents and their families. Provides legal referrals in the areas of residents' rights, personal injury, medical malpractice, Medi-Cal, conservatorships, estate planning, wills, trusts and durable power of attorney. A consumer information service provides information on the over 1400 nursing homes in the state, pre-placement counseling. Produces consumer information booklets on Medi-Cal eligibility, long-term care placement considerations and residents' rights. Publishes quarterly newsletter.

Fees: No fees for counseling services. LRS fees vary according to income and service

Eligibility: No requirements

Area Served: Statewide

Application: Apply by phone. Consumer hotline: (800) 474-1116

Language: Spanish, Tagalog

Accessibility: Not necessary for service; all consumer workshops accessible

Transportation: Not necessary for service

Funding: Donations, grants

CALIFORNIA COLLEGE OF PODIATRIC MEDICINE

Pacific Coast Hospital & Clinic

1835 Ellis (Scott)
San Francisco, CA 94115

Phone(s):
(415) 292-0450

Days & Hours:
Mon. - Fri., 9-4:30

Person In Charge:
Jeffrey Page, DPM, Medical Director

Services:
Provides evaluation and outpatient treatment of lower extremity, foot problems with an emphasis on diabetic and insensitive foot complications and wound care. The goal of the program is to prevent amputation. Services include regular foot care and patient education, with a focus on preventative care. The Wound Care Center provides specialized care for patients with serious ulcers or chronic wounds that have not healed in conventional treatment.

Fees:	Vary according to income and service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	Persons with diabetes, Hansen's disease, non-healing ulcers or other foot problems
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Apply by phone. Appointment necessary
Language:	Chinese, Spanish and Russian
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 31 Balboa, 38 Geary, 24 Divisadero
Funding:	Fees

CALIFORNIA DENTAL ASSOCIATION
Senior-Dent

1201 "K" Street Mall 14 Floor
Sacramento, CA 95814

Phone(s):

1-(800) 736-7071

Days & Hours:

24 hours daily
Mon. - Fri., 9-5 (Office)

Person In Charge:

Dr. Eugene Sekiguchi, Executive Director

Services:

Refers seniors age 60 or over with a fixed income and no dental insurance to dentists who will provide comprehensive services for approximately 15% below their standard fees. Dental services include examinations, cleanings and all other dental procedures. Financial arrangements, including the amount of reduction and financial terms are handled privately between the patient and dentist.

Fees:	None for referral. Member dentists generally charge 15% less than the standard fee
Eligibility:	San Francisco resident age 60 or over with an annual household income under $20,000, not eligible for Medi-Cal and with no private dental insurance
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Referral service speaks only English. Dentists speak Chinese and Spanish
Accessibility:	Varies according to dentist office
Transportation:	Not applicable
Funding:	Membership dues

CALIFORNIA MEDICAL REVIEW, INC. (CMRI)

60 Spear Street, Suite 400
San Francisco, CA 94105

Phone(s):

(800) 841-1602 Hotline
(800) 881-5980 TDD
(415) 882-5800 Administration

Days & Hours:

Mon. - Fri., 9-4
Mon. - Fri., 8-5
(Voicemail 24 Hour)

Person In Charge:

Jo Ellen H. Ross, Chief Executive Officer
Leslie E. Baker, Manager, Beneficiary Relations

Services:

CMRI's statewide, toll-free HELPLINE assists Medicare beneficiaries who have questions or concerns about the quality of the medical care they have received in a hospital (inpatient or outpatient), skilled nursing facility, ambulatory surgery center, home health care agency, or HMO. As the Medicare quality improvement organization for California, CMRI monitors the care provided to Medicare beneficiaries, including immediate hospital discharge appeals and review of quality of medical care complaints. CMRI assists Medicare patients through its education and outreach efforts and through promotion of Medicare covered preventive benefits (flu immunizations, mammography screening, diabetes management). Health care consumer and patients' rights written information, informational video, and speakers' bureau are available.

Fees:	None
Eligibility:	Medicare Beneficiaries and Representatives of Medicare Beneficiaries (Family, Advocates, etc.)
Area Served:	Statewide
Application:	Complaints must be submitted in writing. Telephone access for Medicare health information or to initiate quality of medical care complaints
Language:	Multilingual - 140 languages through immediate access interpretation
Accessibility:	TDD: 1-800-881-5980
Transportation:	Not necessary for service
Funding:	Federal (Department of Health and Human Services)

CALIFORNIA PACIFIC MEDICAL CENTER
Pacific Campus
In Patient Psychiatric Unit

2323 Sacramento Street (Webster)
San Francisco, CA 94115

Phone(s):

(415) 923-3252

Days & Hours:

Person In Charge:

Stephen E. Hall, MD, Medical Director
Ron Morrison, RN, CS, Unit Supervisor

Services:

A multidisciplinary service that evaluates and treats adults and elders with functional and organic mental disorders requiring acute psychiatric care in a hospital setting.

Fees:	Daily room rates. Medi-Cal, Medicare, private insurance accepted
Eligibility:	Must have a DSM-IV diagnosis requiring acute, short-term stabilization before transfer to a lower level of care. Cannot be bedridden or permanently incontinent or have primarily an acute physical problem
Area Served:	San Francisco County
Application:	Apply by phone. Referral necessary from mental health professional
Language:	Interpreter (By arrangement)
Accessibility:	Elevator ramp special parking, wheelchair accessible/restroom
Transportation:	MUNI - 1 California
Funding:	County, client fees

CALIFORNIA STATE DEPARTMENT OF HEALTH SERVICES

Health Facilities Licensing

350 - 90th Street, 2nd Floor
Daly City, CA 94015

Phone(s):
(650) 301-9971

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Millie A. Francois, District Administrator

Services:
Licenses all health facilities in the area served which fall under the specifications of the California Administrative Code (CAC), Title 22, Division 5. Facilities include general acute care hospitals, acute psychiatric hospitals, skilled nursing facilities (SNF) and nursing facilities (NF), referral agencies, clinics and home health agencies. Provides information on facilities and regulations on request. There is a public file of deficiency notices on individual facilities licensed through this office which can be reviewed in person daily between the hours of 9 a.m. - 12 p.m. and 1 - 4 p.m. Persons wishing to file a complaint may call the Nursing Home Complaint Hotline at: 1-800-554-0353.

Fees:	Vary according to license
Eligibility:	No requirements
Area Served:	Marin, San Francisco and San Mateo Counties
Application:	Apply by phone to file a complaint. Prefer persons to apply by mail for other services
Language:	None
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI to BART - Daly City Station, SamTrans
Funding:	State, federal

CALIFORNIA STATE DEPARTMENT OF REHABILITATION
China Basin Office

185 Berry Street, Suite 180
San Francisco, CA 94107-1737

Phone(s):
(415) 904-7100 Voice & TDD

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Luciana C. Profaca, District Administrator

Services:
Assists people with disabilities to enter the work force or to return to work and to live independently in their communities. Services include, but are not limited to: vocational counseling and evaluation, assistive devices and adaptive equipment, college/university tuition, fees and book, transportation assistance, resume development, interview techniques, job placement services, post-employment services, reader/interpreter/note taker service and independent living services.

Fees:	Some services are based on an ability to pay. Outside benefits are used when available
Eligibility:	Individuals with a disability who require services to prepare for, enter, engage in, or retain gainful employment, or to live more independently
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Able to work with individuals who speak various languages
Accessibility:	Meets ADA (Americans with Disabilities Act) criteria
Transportation:	MUNI - 15, 30, 32, 42, 45 lines
Funding:	State, federal

CALIFORNIA STATE EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)

Mailing Address:
P.O. Box 7850
San Francisco, CA 94120-7850

3120 Mission Street
San Francisco, CA 94110

Phone(s): **Days & Hours:**

(415) 749-7503 General Information Mon. - Fri., 8-5
(415) 749-7525 Casual Labor Employers
(415) 749-7524 Casual Labor Applicants
(415) 749-7500 Employers to Place Job Orders
(415) 861-5627 Jobs For Youth
(415) 749-7403 TTY/TDD Number
(415) 749-7477 Fax

Person In Charge:

Lucy M. Scarbrough, Manager
Richard Leo, Alternate Manager
Darrel Jukes, Alternate Manager

Services:

Provides a variety of employment related services to persons legally entitled to work in the U.S., including job referrals and placement; veteran's employment services, job search workshops, self-help library, and casual labor (which is mostly short-term manual labor). The youth services section provides placements assistant to youth and students in cooperation with partners in the Jobs For Youth Program. The Job Agent program provides employment related supportive services to economically disadvantaged applicants. The Intensive Service Program provides placements services on case-load basis to long-term unemployed individuals. The Career Links is an office of the San Francisco One Stop Career Center System. The partnership includes the Employment Development Department, The Private Industry Council, City College of San Francisco, San Francisco Department of Human Services and National Commission on the Aging.

JOB PLACEMENT - Job Placement includes: in-person interviews and self-entry of applications into EDD's Job Match computer system; continual monitoring of available job openings for registered applicants; computer searches to match an employer's job requirements with applicant's skills, knowledge and abilities, self-service on-line review of job listings; and referral to other helpful services.

The JOB SEARCH CENTER offers: Experience Unlimited (EU) which is a self-directed, self-governing volunteer organization of professional, managerial,

CALIFORNIA STATE EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD) (continued)

and technical job seekers that provides no fee job referral and placement services, assistance in learning job search skills, information on firms, networking with other professionals, and access to telephones, fax, computers and photocopiers, job search library, informational handouts and reference materials on the job search process.

Fees:	None
Eligibility:	Must be legally entitled to work in the United States
Area Served:	San Francisco County
Application:	Walk in
Language:	Chinese (Cantonese), Filipino (Tagalog), Spanish, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	MUNI
Funding:	State, federal

CATHOLIC CHARITIES OF SAN FRANCISCO

Noriega Adult Day Support

55 Farallones
San Francisco, CA 94112

Phone(s):

(415) 452-3500
(415) 452-3505 Fax

Days & Hours:

Mon. - Fri., 8-5
Program Hours, 10-3

Person In Charge:

Carole Kilgariff, Program Manager
Patty Clement, Activities Coordinator

Services:

A licensed Adult Day program which provides a structured environment in which frail or chronically impaired seniors can safely participate in social educational and recreational activities supervised by professional staff. Van transportation can be arranged from the western half of San Francisco, Sunset, Richmond and OMI districts. A hot lunch is served and two snacks.

Fees:	Varies according to income
Eligibility:	San Francisco resident age 55 or over
Area Served:	All of San Francisco
Application:	Apply by phone
Language:	None
Accessibility:	ADA accessibility
Transportation:	Van transportation can be arranged for most areas of San Francisco. MUNI - M Street Car
Funding:	City, donations, fees, United Way and grants

CATHOLIC CHARITIES OF SAN FRANCISCO
OMI Senior Center

446 Randolph (Arch)
San Francisco, CA 94132

Phone(s):

(415) 587-1443
(415) 586-7960 Fax

Days & Hours:

Mon. - Fri., 9-3

Person In Charge:

Priscilla M. Wilder, Director

Services:

A multipurpose senior center serving the Oceanview, Merced and Ingleside Districts of San Francisco. Classes are offered in nutrition, art, crafts, exercises, and current events. Recreational and social activities and monthly field trips are provided. A hot lunch is served daily. Health screenings are given. Transportation to the Center can be arranged for area residents.

Fees:	$1.25 meal donation requested. No fee for other services
Eligibility:	Senior age 55 or over
Area Served:	San Francisco County, primarily Oceanview, Merced, Ingleside districts
Application:	Walk in
Language:	Tagalog, Chinese
Accessibility:	Wheelchair accessible ramp
Transportation:	MUNI - M Oceanview
Funding:	City (Commission on the Aging), Catholic Charities

CATHOLIC CHARITIES OF SAN FRANCISCO

Senior Services - Administration

814 Mission Street, 3rd Floor
San Francisco, CA 94103

Phone(s):
(415) 844-4800

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Ish Mendonsa, Director of Aging Services

Services:
This administrative office oversees the following Senior Service programs:

Grief Care	- call (415) 564-7882
Hearing Impairment Program	- call (415) 749-3812
Home Care Referral Program	- call (415) 844-4743
Volunteer Program	- call (415) 844-4854
OMI Senior Center	- call (415) 587-1443
Noriega Adult Day Support	- call (415) 452-3500

Fees: Varies according to income and service

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Apply by phone at the individual service area

Language: Spanish, Chinese (various dialects)

Accessibility: Wheelchair accessible

Transportation: MUNI - Market St. line, 14 Mission, 30 Stockton, 45 Union-Stockton; call for individual service areas

Funding: COA, United Way, donations, fee for service, foundations, fundraising activities

CENTRAL CITY HOSPITALITY HOUSE

Mailing Address:
290 Turk Street (Leavenworth)
San Francisco, CA 94102

Adult Services:
191 Golden Gate Avenue
San Francisco, CA 94102

Youth Services:
288 Turk Street
San Francisco, CA 94102

Phone(s):

(415) 749-2100 Administration
(415) 565-3511 Adult Services

(415) 749-2139 Youth Services
(415) 749-2132 Community Arts

Days & Hours:

Mon. - Fri., 9-5 (Office)
Call for Schedule

Call for drop-in hours and services
Studio Open - Mon., Wed., & Fri., 12-5

Person In Charge:

Gemmie Jones, Executive Director

Services:

A multiservice center for San Francisco's Tenderloin District. Services include an adult drop-in center which offers social and recreational activities, advocacy with social services, counseling, referrals, job development, and placement assistance, free clothing and a mail message service. A creative arts program provides free art materials for workshops in drawing, painting, printmaking and sculpture. Offers special outreach to seniors and disabled persons. Operates a Streetwork Youth Diversion Project. An emergency night shelter provides overnight shelter for 25 men age 18 or over. Residential Housing for youth which offers case management and supportive services - and youth drop in center with day services.

Fees:	None
Eligibility:	17 or under for youth services. No requirement for other service
Area Served:	San Francisco County, primarily the Tenderloin District
Application:	Walk in or apply by phone
Language:	Spanish (By arrangement)
Accessibility:	Wheelchair accessible on first floor

CENTRAL CITY HOSPITALITY HOUSE (continued)

Transportation: MUNI -Market Street lines, 5 Fulton, 31 Balboa, 19 Polk, BART - Civic Center Station

Funding: Donations, County, United Way, state, federal

CENTRO LATINO de SAN FRANCISCO

1656 - 15th Street (Julian)
San Francisco, CA 94103

Phone(s):

(415) 861-8758
(415) 861-8168 Lunch Program

Days & Hours:

Mon. - Fri., 9-4:30
Sun., 9-2

Person In Charge:

Gloria Bonilla, Executive Director

Services:

Provides case management, housing placement and referrals, emergency financial assistance, support groups and counseling, preventive health care services and clinic for seniors, translation, a variety of education and recreation activities including: citizenship classes and testing, weekly field trips, arts and crafts, etc. Also provides lunch at 11:45 - 12:45, Sunday through Friday with live entertainment, meals for homebound seniors, semi-monthly grocery distribution, transportation for grocery shopping assistance and for medical appointments.

Fees:	$1.25 donation for lunch
Eligibility:	Mission District resident age 60 or over
Area Served:	San Francisco, Mission District
Application:	Walk-in
Language:	Spanish
Accessibility:	Ramp
Transportation:	MUNI - 26 Valencia, 49 Van Ness-Mission, 12 Folsom, 14 Mission, 53 Southern Heights, BART - 16th Street Station
Funding:	City, donations

CERENIO MANAGEMENT GROUP (CMG)

San Francisco Paratransit Broker

5 Freelon Street (bet. 3rd & 4th St.)
San Francisco, CA 94107-1705

Phone(s):

(415) 543-9650 Intake & Applications
(415) 543-9651 Taxi Accounts
(415) 543-9653 Complaints
(415) 543-9627 Administration

Days & Hours:

Mon.-Fri., 9-4:45

Person In Charge:

Virginia R. Cerenio, Paratransit Broker, President
Cerenio Management Group

Services:

Provides 3 modes of transportation for persons who are unable to use public transportation due to a disability. Regular Taxi service is available for those who are able to ambulate and wheelchair users who can transfer and the Ramped Taxi service is available for wheelchair users and ambulatory riders. Discount taxi scrip (vouchers) can be used in taxis and ramped taxis in San Francisco. Priority for vouchers is given to those who need life support services, such as hemodialysis, radiation treatment, chemotherapy, frail elders, persons with AIDS. The Lift-Van service provides lift-equipped vans to transport wheelchair users anywhere within San Francisco. The taxi and lift-van service may be used for medical appointments, shopping, school, church or recreational activities. The Group Van service is available for groups of seven to ten or more qualified persons traveling to a common destination site, such as a nutrition program or adult day health care. Travel boundaries are the MUNI service area.

Fees: Taxi scrip costs vary according to need and income level, Lift-Van is $8.00 for a monthly pass or $.40 per one way trip, Group Van is $8.00 per month

Eligibility: Unable to use public fixed route transportation (Muni) due to a disability

Area Served: Muni service area

Application: Complete ADA (Americans with Disabilities Act) Regional Application Form; request application by phone; processing time is 21 days after the application form is received; priority given to life-support

Language: Chinese (Cantonese), Russian, Spanish, Vietnamese

Accessibility: Facility is wheelchair accessible; all printed materials available upon request in alternate formats, such as

CERENIO MANAGEMENT GROUP (CMG) (continued)
San Francisco Paratransit Broker

	large print, on computer disk (ASCII), audio tape cassette or braille
Transportation:	Not applicable
Funding:	Federal, state and city-funded; city and county-subsidized

CHINESE NEWCOMERS SERVICE CENTER

777 Stockton Street, Room 104
San Francisco, CA 94108

Phone(s):
(415) 421-2111

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Teresa T. Wu, Director

Services:
Facilitates the adjustment process of Chinese immigrants and refugees by providing multiple services, including bilingual information and referral, adjustment counseling, translation and interpretation, emergency contact, job orientation, job placement, immigration and forms assistance, public education workshops, free clothing, ESL/citizenship classes, volunteer income tax assistant.

Fees:	Most services are free, otherwise vary according to income
Eligibility:	Primarily low-income Chinese speaking families
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk in or apply by phone
Language:	Chinese (Cantonese, Mandarin)
Accessibility:	Accessible with assistance
Transportation:	MUNI - 30 Stockton, 1 California, Powell Street & California Street Cable Cars
Funding:	United Way, city, donations

CLEARINGHOUSE FOR HOME DELIVERED MEALS

1375 Fairfax Avenue
San Francisco, CA 94124

Phone(s):

(415) 648-5592

Days & Hours:

Mon. - Fri., 8:30-4
Answering machine, if not available

Person In Charge:

Randall Mueck, Coordinator

Services:

Provides intake and prioritizes requests from discharge planners and social workers who are arranging for home-delivered meals for San Francisco seniors age 60 or over. The Clearinghouse takes all requests city-wide, prioritizes the waiting list and refers requests to the appropriate providers. There are nine providers of home delivered meals throughout San Francisco.

Fees:	None
Eligibility:	The clearinghouse is for the exclusive use of discharge planners and social workers. Clients must be San Francisco residents age 60 or over who are homebound
Area Served:	City of San Francisco
Application:	Apply by phone
Language:	None
Accessibility:	Not applicable
Transportation:	Not necessary to receive service
Funding:	City (Commission on the Aging), grants

COALITION OF AGENCIES SERVING THE ELDERLY (CASE)

24 Ellis Street, Suite 101
San Francisco, CA 94102

Phone(s):

(415) 777-3773
(415) 646-0898

Days & Hours:

Call for meeting dates times

Person In Charge:

Bill Verducci, President

Services:

An organization of agencies and professionals who work with seniors. The purpose of the organization is to provide program planning and development, service coordination, advocacy, networking, information and education. Meetings are held the 4th Monday of each month at 3 pm. Meetings are held at various locations throughout the city. Phone for information.

Fees:	$40 for organization with voting rights. $20 for individuals (no vote). $10 for students or seniors (no vote)
Eligibility:	Agency that represents seniors or professional with senior clients
Area Served:	San Francisco County
Application:	Membership applications accepted year round
Language:	None
Accessibility:	Varies according to meeting site
Transportation:	MUNI, BART or car pool
Funding:	Membership fees

COMING HOME

825 Van Ness Avenue, Suite 604
San Francisco, CA 94109-7837

Phone(s):
(415) 474-2250

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
David C. Jonson, Program Director

Services:
Provides personal money management, case management, legal support and protective services to older persons, people with AIDS/HIV disease, and other adults who are functionally impaired or seriously ill. Assists clients with banking, bill-paying, budgeting, filing and monitoring medical insurance claims forms, organizing financial materials for income taxes, and pre-paying funeral burial arrangements. Will also serve as a representative payee to handle Social Security benefits, as a durable power of attorney for financial decisions, conservator of estate, conservator of the person, and executor of estate.

Fees: $64

Eligibility: Adults with a functional impairment that interferes with their ability to handle their own financial, legal or personal affairs

Area Served: San Francisco and San Mateo Counties

Application: Apply by phone or mail. Appointment necessary

Language: Spanish

Accessibility: Elevator ramp

Transportation: 38 Geary, 31 Balboa, 47 Van ness, 49 City College, 42 Downtown Loop

Funding: Client fees, grants, donations

COMMUNITY BOARDS
Conflict Resolution Resources

1540 Market Street, Room 490
San Francisco, CA 94102

Phone(s):
(415) 552-1250

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Hilda Gutierrez Baldoquin, Dir. of Community Services

Services:

Offers free dispute resolution services to seniors and all other residents in San Francisco. Community Boards has been helping people resolve disputes - big and small - since 1976. If there is a situation causing you to feel disrespected or harassed, for example: problems concerning noise, child behavior, property care, use of communal facilities - call Community Boards. Community Boards can help resolve or prevent disputes between family members, friends, neighbors, landlords, and tenants, social service staff, caregivers, anyone. Trained community mediators will listen to everyone involved, and without taking sides, help the disputing parties create fair and lasting solutions. Meetings are available in English, Spanish, Cantonese translation. Locations are handicapped accessible.

Seniors interesed in taking the free training to become a neighborhood peacemaker should call Selina Low at (415) 552-1250.

Fees:	No fees for services
Eligibility:	No special requirements necessary
Area Served:	City of San Francisco
Application:	Phone, letter or visit office
Language:	Spanish, Chinese
Accessibility:	Locations for meetings are wheelchair accessible
Transportation:	Locations are accessible via public transportation
Funding:	Grants and donations

COMMUNITY MUSIC CENTER
Mission Branch

544 Capp Street (20th Street)
San Francisco, CA 94110

Phone(s):

(415) 647-6015 Mission Branch

(415) 221-4515 - Richmond District Branch

Days & Hours:

Mon. - Thurs., 9-8
Fri., 9-7
Sat., 9-5

Mon. - Fri., 1-6

Person In Charge:

Stephen R. Shapiro, Director

Services:

Provides music lessons for people of all ages and backgrounds. Offers a full range of musical styles for instrument and voice including Western, Classical, Latin, Chinese, Jazz and popular. Operates the San Francisco Children's Chorus and Community Music Center Orchestra. Students occasionally give performances. Encourages senior citizen involvement. Also provides free or low-cost concerts at both branches and at other San Francisco locations. The Richmond District branch is located at 741 - 30th Avenue, San Francisco, CA 94121.

Fees: Vary according to income, age and program. Offers a senior discount of 50%

Eligibility: Minimum age 4 years

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk in or apply by phone for appointment

Language: Chinese (Cantonese, Mandarin), German, Spanish, Russian

Accessibility: Wheelchair accessible at Richmond District Branch

Transportation: MUNI - Van Ness, Mission Street Lines, BART - 16th and 24th Street Stations, Richmond Office - 31 Balboa

Funding: Fees, grants, donations

CONSUMER ACTION

717 Market Street, Suite 310
San Francisco, CA 94103

Phone(s):

(415) 777-9635 Consumer Hotline
(415) 777-9648 Business Office
(800) 999-7981 Toll Free
(415) 777-9456 Voice/TTY
(415) 777-5267 Fax

Days & Hours:

Mon. - Fri., 10-2 (Hotline)
Mon. - Fri., 9-5 (Office)

Person In Charge:

Ken McEldowney, Director

Services:

Consumer Action (CA) is a pioneering non-profit advocacy and education organization serving consumers since 1971. CA has a national reputation for multilingual consumer education, and for advocacy in the fields of banking and telecommunications. CA's hotline provides free, non-legal advice and referrals in Chinese, English and Spanish. Nearly two million free publications are distributed by CA annually in California and across the nation. Many are available in Cambodian, Chinese, English, Korean, Laotian, Spanish, Tagalog and Vietnamese, as well as, Braille, large type and audio cassette. Multi-lingual staff provide educational materials and technical assistance to community based agencies. CA also works to promote a variety of pro-consumer laws and regulations at the state and federal levels. In addition, CA's Lead Poisoning Prevention Project is mobilizing community and government resources in San Francisco to educate parents, get children tested for lead poisoning, and reduce exposure to lead in housing and from other sources.

Fees:	Membership $25 per year, low-income persons $10 and seniors $15 per year, cost of postage for consumer guides
Eligibility:	No requirements
Area Served:	Six Bay Area counties, statewide, and national
Application:	Apply by phone or mail
Language:	Chinese (Mandarin and Cantonese), Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	Grants, membership dues

CONSUMER CREDIT COUNSELING SERVICE OF SAN FRANCISCO

77 Maiden Lane, 3rd Flr (Grant Ave.)
San Francisco, CA 94108

Phone(s):

(800) 777-PLAN or (7526)
(415) 788-0288 San Francisco
(707) 527-9221 Santa Rosa

Days & Hours:

Mon. - Fri., 8:30-5:30
Sat., 9:30-3
Mon. - Sat., days & evenings, phone counseling available by appointment

Person In Charge:

Joanne Budde, Executive Director

Services:

Provides free money and credit counseling, including housing counseling; home equity loan scam prevention, reverse mortgage counseling, rent and mortgage default counseling, as well as first time home buyer's counseling. Also provides debt counseling and debt management program. Consumer Credit Counseling Service of San Francisco, a personal financial resource center, also provides a speakers' bureau available to conduct workshops on a variety of personal finance and credit issues, such as Mastering Your Money, Surviving Unemployment, Breezing through the Holidays, workshops on consumer rights and responsibilities, and housing presentations. Offices located in the Mission and downtown, Daly City, San Rafael, Santa Rosa, San Mateo and Napa. Phone counseling also available.

Fees:	None for counseling, fees for administration of repayment plan vary according to income, maximum of $20 per month
Eligibility:	No requirements
Area Served:	San Francisco, Marin, San Mateo, Sonoma, and Napa Counties and the Mendocino Coast
Application:	Walk in or apply by phone
Language:	Chinese (Cantonese), Spanish, Tagalog
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - Market Street Lines, BART - Montgomery Street Station
Funding:	Donations, some low-cost services

DAVIES MEDICAL CENTER
Geriatric Psychiatry Service

Castro & Duboce, 2 South
San Francisco, CA 94114

Phone(s):

(415) 565-6297
(800) 555-1155

Days & Hours:

Person In Charge:

Camillia Johnson, RN, Program Director
Sheldon Jones, MD, Medical Director

Services:

An inpatient acute psychiatric unit for geriatric patients, providing multidisciplinary psychiatric and medical evaluation and treatment. Accepts patients with ambulation problems, incontinence, and chronic medical conditions. Accepts patients on an involuntary basis. Treatment goals are to alleviate psychiatric problems that are treatable and to manage problems that are progressive, stabilizing patient at maximum level of functioning. Continuity of care is emphasized, with discharge planning that includes family and agencies involved. Physical, occupational, speech therapy and diagnostic services available as needed during hospitalization.

Fees: Medicare, private insurance

Eligibility: Must be 55 years or older or have problems common to the older adult. Must have a primary psychiatric diagnosis requiring acute inpatient treatment. Must be able to participate in the therapeutic milieu and treatment program. Patients with chronic medical conditions may be admitted, but those with acute medical illnesses must be treated in a medical unit

Area Served: San Francisco, Bay Area and Sonoma Counties

Application: Apply by phone. Confidential assessment available

Language: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish. Interpreter (by arrangement) for other languages

Accessibility: Wheelchair accessibility

Transportation: 24 Divisadero, 37 Corbett, MUNI Metro - N Judah

Funding: Fees

ECONOMIC OPPORTUNITY COUNCIL (EOC)

One Second Street, 2nd & 3rd Floor
San Francisco, CA 94105

Phone(s):

(415) 243-3100 Main Switchboard
(415) 247-7849 Senior Food Program
(415) 247-7836 Energy Assistance Program

Days & Hours:

Mon. - Fri., 8:30-5

Person In Charge:

Nathaniel Mason, Jr., Executive Director

Services:

EOC is a private, nonprofit community service agency, providing low-income San Franciscans with a variety of services, including child care, child development, food distribution, and energy assistance. Two EOC programs specialize in assisting Senior Citizens - the Senior Commodity Supplemental Food Program and the Energy Assistance Progam.

The Senior Commodity Supplemental Food Program offers a free pack of nutritious food commodities each month to eligible seniors. The program's goal is to assist seniors with budget or nutrition difficulties by bringing additional nutritious food into their homes. Homebound seniors are given priority in the program. Food packs are distributed at sites throughout San Francisco, including many low-income Senior Citizen buildings.

The Energy Assistance Program has two components, both of which are available to seniors who meet the income guidelines listed below. The first component is the Home Weatherization Project (HWP), designed to assist clients in lowering home energy costs. The HWP provides free caulking, water heater blankets, weather stripping, glazing, set back thermostats, ceiling fans and minor home repairs. The second component is the Home Energy Assistance Program (HEAP), which provides utility rebates to eligible clients when funds permit, priority given to "utility medical customers".

Fees: None

Eligibility: Senior Food Program: resident of San Francisco, at least 60 years of age, gross annual family income is not greater than 130% of current federally established poverty guidelines. Energy Assistance Program: resident of San Francisco, gross annual family income is not greater than: 60% of current state median income

Area Served: San Francisco County

ECONOMIC OPPORTUNITY COUNCIL (EOC) (continued)

Application:	Apply by phone. Appointment necessary for some services
Language:	Senior Food: Chinese (Cantonese), Filipino (Tagalog), Russian, Spanish
	Weatherization/Energy Assistance: Spanish, Chinese (Cantonese)
Accessibility:	Wheelchair accessible
Transportation:	Varies according to site, phone for information
Funding:	City, State and Federal

ENTERPRISE FOR HIGH SCHOOL STUDENTS

450 Mission Street, Suite 408
San Francisco, CA 94105

Phone(s):

(415) 896-0909
(415) 896-0933 Fax

Days & Hours:

Mon. & Fri., 9-5
Tues. - Thurs., 9-6

Person In Charge:

Susan Cook Hoganson, Executive Director
Vivian Turner, Employment Opportunities Prog. Dir.
Christine Meuris, Student Services Coordinator

Services:

For the last 29 years, Enterprise has provided San Francisco employers with access to a large pool of motivated student job seekers. Hundreds of San Francisco residents hire Enterprise students to work in their businesses and homes each year by listing their jobs at our resource center for Enterprise members to see. Enterprise members attend 31 public, private and parochial high schools in San Francisco, are achieving a "C" average or better, are recommended by a teacher and attend 4 hours of job preparedness training. Examples of what Enterprise members can do for you are: housekeeping, organizing papers and filing shopping and errands, reading, gardening and light cooking to name a few. Jobs that are inappropriate for Enterprise members involve personal care, administering medicine or medical care or driving. We are a job referral service and not an employment agency, therefore we do not guarantee that your position will be filled. You are responsible for your screening and hiring process. Students interested in your job will call you directly so it is advisable to have some interview questions ready so you can find the right person for you. All Enterprise services are free of charge and staff is available to answer questions you might have.

Fees: None

Eligibility: San Francisco High School students 9th - 12th grade. Employers must be San Francisco business or resident

Area Served: San Francisco County

Application: List position by phone

Language: Spanish, Cantonese

Accessibility: N/A

Transportation: MUNI - 1 California, 3 Jackson, 4 Sutter, 38 Geary, Mission Street Buses. MUNI Metro/BART -

EPISCOPAL COMMUNITY SERVICES

Canon Kip Senior Center

705 Natoma (8th Street)
San Francisco, CA 94103

Phone(s):

(415) 861-6801
(415) 487-3795 Fax

Days & Hours:

Mon. - Fri., 8:30-4
Weekend/Holiday, 8:30-2

Person In Charge:

Lolita Kintanar, Director

Services:

A multiservice neighborhood center that provides social services to seniors age 60 or over. The Senior Center provides comprehensive case management, a day time drop-in center, money management, a representative payee project and a hot lunch at 11:30 am daily. The Senior Center offers information and referral, outings for recreation and entertainment, exercise classes, movie, arts and crafts. Telephone Reassurance by referral.

Fees:	$1.25 donation requested for senior lunch
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily South of Market District
Application:	Walk in or apply by phone
Language:	Filipino (Tagalog)
Accessibility:	Facility is wheelchair accessible
Transportation:	MUNI - Market and Mission Street lines, 19 Polk. MUNI Metro/BART - Civic Center Station
Funding:	United Way, city (COA,CMHS, MOCD), donations

EVICTION ASSISTANCE SERVICES & EDUCATION (EASE)

Two Offices:

850 Harrison Street
San Francisco, CA 94107

One 2nd Street, Third Floor
San Francisco, CA 94105

Phone(s):

(415) 777-5350 Harrison Street
(415) 597-7735 Second Street

Days & Hours:

Mon. - Fri., 8:30-4

Person In Charge:

Senior Deputy Clarence Lewis, Sheriff's Community Relations Officer

Services:

EASE is dedicated to assisting and educating tenants, landlords and homeowners in understanding the laws which govern the eviction process. Understanding of the procedure will help to minimize the trauma associated with eviction, and when possible, allow problems to be solved without court action. Assists low-income people who are in the process of being evicted. Emphasis on the elderly. Works with landlord, tenant, lender or homeowner. Provides crisis intervention. Offers referrals to legal and social services. Assists those being evicted to locate emergency housing.

Fees:	None
Eligibility:	Senior and low income families facing eviction. Disabled adults
Area Served:	San Francisco County
Application:	Walk-in or apply by phone
Language:	Multi-lingual assistance available/with pre-arranged time
Accessibility:	Ramp
Transportation:	MUNI - Mission and Market Street lines. MUNI Metro/BART - Montgomery Street Station
Funding:	Sponsored by the San Francisco Sheriff's Department and the Salvation Army Senior Meals and Activities Program

EXECUTIVE SERVICE CORPS OF THE SAN FRANCISCO BAY AREA

706 Mission Street, 5th Floor
San Francisco, CA 94103

Phone(s):

(415) 543-6652
(415) 541-7708 Fax

Days & Hours:

Mon. - Thurs., 9-4
(Answering machine at other times)

Person In Charge:

Joseph Valentine, Board Chair
Jean Foss, Project Administrator

Services:

Retired executives volunteer their time and experience to help nonprofit organizations that need management advice and assistance. Areas of consultation include long-range planning, marketing, personnel management, facilities planning and construction, organizational development, budget, finance and resource allocation, public relations, office practices and administration. Following an initial appraisal consultation, a consultation agreement is negotiated and the consultant works in cooperation with the client organization.

Fees:	None for initial appraisal. Consultants work probono, nominal administrative fee
Eligibility:	Non-profit, public service organization
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties and Sacramento
Application:	Apply by phone, mail or fax
Language:	None
Accessibility:	Elevator wheelchair accessible/restroom
Transportation:	MUNI - Mission and Market Street lines. BART - Montgomery Station
Funding:	Grants, donations, fees

FAMILY CAREGIVER ALLIANCE

425 Bush Street, Suite 500 (Kearny)
San Francisco, CA 94108

Phone(s):

(415) 434-3388
(800) 445-8106
(415) 434-3508 Fax

Days & Hours:

Mon. - Fri., 8:30-5

Person In Charge:

Kathleen A. Kelly, Executive Director

Services:

Family Caregiver Alliance, formerly Family Survival Project, is the Bay Area Caregiver Resource Center for families and friends of brain impaired adults. Brain impairments may include Alzheimer's disease, other types of dementia, stroke, traumatic brain injury, or many other adult onset diagnoses. FCA offers information and education about brain impairments, community resources and caregiver issues. Support services include individual care planning consultations, legal information and consultation, respite assistance, individual and group counseling, and workshops for families and professionals. FCA publishes a quarterly newsletter, fact sheets, research reports and training manuals.

Fees: Information services are free. Low fees for consultation counseling, workshops, and respite. No one is turned away for inability to pay

Eligibility: Caregivers (family members or friends) of persons with adult onset brain impairment

Area Served: Direct services to Alameda, Contra Costa, Santa Clara, San Mateo, San Francisco, and Marin Counties. Acts as statewide resource consultant to the California Department of Mental Health, overseeing eleven Caregiver Resource Centers across the state

Application: Not applicable

Language: Spanish

Accessibility: Office is fully accessible, including elevator & restroom. All counseling groups, respite retreats and educational workshops are held in accessible buildings

Transportation: MUNI Metro/BART Montgomery Street Station, walking distance from all downtown San Francisco bus lines and Transbay terminal

Funding:	California Department of Mental Health, private grants and donations

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Enterprise Division

1010 Gough Street (Eddy)
San Francisco, CA 94109

Phone(s):

(415) 474-7310

Days & Hours:

Mon. - Fri., 8:30-5
Evenings by appointment

Person In Charge:

Shirley Shiromoto, Division Director

Services:

Provides counseling and crisis intervention to Japanese individuals, couples, families and groups. Bi-cultural, bi-lingual Japanese professionals help with marital problems, parent-child communication, school difficulties, personal growth, aging, loss, depression, anxiety, problems of daily living and mental illness. A consulting psychiatrist is available should medication be needed. Home visits and phone counseling are also available. Provides consultation and education about mental health issues for groups, agencies and concerned individuals.

Fees:	Vary according to income
Eligibility:	No requirements
Area Served:	San Francisco Bay Area/Greater Bay Area
Application:	Apply by phone
Language:	Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa, Van Ness lines, 38 Geary
Funding:	Fees

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Foster Grandparents/Senior Companions

6221 Geary Blvd., 3rd Floor
San Francisco, CA 94121

Phone(s):

(415) 751-9786
(415) 751-9787 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Robert Pementell, Director

Services:

The Foster Grandparent Program places low-income seniors age 60 or over in childcare centers, hospitals or other community settings where they provide companionship and assistance to children. Senior Companions serve isolated elders by providing friendship, companionship and support to prevent institutionalization. Foster Grandparents and Senior Companions work approximately 20 hours per week and receive a small non-taxable stipend, MUNI Fast Pass and other benefits.

Fees:	No fee to the recipient; agency where placed contributes
Eligibility:	To be a Foster Grandparent or Senior Companion must be 60 years or older and low income. To receive services one must be affiliated with a host site. Contact the Volunteer Coordinator To become a Foster Grandparent or Senior Companion Site, please contact the Program Director
Area Served:	San Francisco
Application:	Apply by phone
Language:	Spanish, Cambodian, Korean, Cantonese, Tagalog, Mandarin
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary
Funding:	Federal, State, private

FAMILY SERVICE AGENCY OF SAN FRANCISCO

Sr. Programs - Geriatric Mental Health

1010 Gough Street
San Francisco, CA 94109

GERIATICS WEST OFFICE:

6221 Geary Blvd., 1st Floor
San Francisco, CA 94121

Phone(s):

(415) 474-7310 (Gought St.)
(415) 386-6600 (Geary Blvd.)
(415) 931-3773 (Fax for Gough St.)
(415) 751-3226 (Fax for Geary Blvd.)

Days & Hours:

Mon. - Fri., 9-5 (Outpatient)
8:30-4:30 (Day Treatment)

Person In Charge:

Julia Chu, Department Head
David Silva, Supervisor 1010 Gough St.
Marie Wren, Supervisor Geriatric West

Services:

Provides community based mental health services for seniors who have mental health problems and are at risk. Services include assessment, medication support, crisis intervention including 5150 evaluation and enactment, individual and group therapy, case management, consultation and day treatment. Office and home visits are made by staff which includes social workers, psychiatric technician and psychiatrists. The Day Treatment program is available five days a week with transportation based on need. Geriatric West provides both outpatient and day treatment services also.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 60 or over

Area Served: Catchment area includes Western Addition, Pacific Heights, Marina and Haight Ashbury. Day Treatment program includes these areas and the Tenderloin. Geriatric West serves the Richmond, Sunset and OMI areas. May serve other San Francisco areas if special need exists

Application: Apply by phone - request officer of the day

Language: Japanese, Mandarin, Cantonese, Russian

Accessibility: Wheelchair accessible

FAMILY SERVICE AGENCY OF SAN FRANCISCO (continued)

Sr. Programs - Geriatric Mental Health

Transportation: MUNI - 31 Balboa, 38 Geary, Van Ness lines

Funding: City/County, Medicare and Medi-Cal, donations

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Geriatric Services West

1010 Gough Street
San Francisco, CA 94109

Phone(s):

(415) 474-7310
(415) 931-3773 Fax

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Marie Wren, MFCC, Program Director
Kenneth Passamaneck, M.D., Medical Director

Services:

Geriatric Home Evaluation and Treatment: The Geriatric Home Evaluation and Treatment Team provides services both in the clinic and in the home. Services include psychiatric assessment and treatment, crisis intervention, medication evaluation/super-vision by a psychiatrist, case management for assistance with medical, residential, legal and financial problems and in-home services and individual family therapy. Geriatric Day Treatment: The Geriatric Day Treatment Center provides rehabilitative psychiatric day treatment for adults over 60 years of age. Persons who may benefit from the Center are those who need more frequent counseling in a structured environment and who have acute and/or chronic psychiatric or emotional problems. Services include psychiatric evaluation and assessment, medication evaluation/supervision by a psychiatrist, case management, individual, group, and family therapy, socialization and recreation activities within a structured and therapeutic milieu.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Age 60 or over, with a psychiatric diagnosis
Area Served:	San Francisco County, primarily Park Merced, Ingleside, Parkside, Sunset, Richmond Districts
Application:	Apply by phone. Appointment necessary
Language:	Chinese (Cantonese, Mandarin), Russian
Accessibility:	Fully accessible Department of Public Health - Family Service Agency Geriatric Services - West
Transportation:	Not necessary for service, home evaluation offered, transportation provided to day treatment
Funding:	City, county, federal, state

FAMILY SERVICE AGENCY OF SAN FRANCISCO

San Francisco Ombudsman Program

6221 Geary Blvd., 3rd Floor
San Francisco, CA 94121

Phone(s):

(415) 751-9788
(415) 751-9789 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Benson Nadell, Program Manager

Services:

Recruits and trains volunteers to visit long-term care facilities (skilled nursing facilities or residential facilities), and adult day health care centers on a regular basis. Ombudsmen receive, investigate and attempt to resolve complaints lodged on behalf of frail residents. Ombudsmen work with residents, family members and facility staff to resolve problems concerning patient rights, quality of care, abuse, physical environment and other related issues. Advocates for better care for all elders. Also provides training to nursing home personnel and develops resident councils. Serves as a witness for persons signing their durable power of attorney for health care services.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Japanese, Russian, Spanish, Cantonese, Tagalog, others (by arrangement)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa
Funding:	Donations, county, state, federal

FILIPINO AMERICAN COUNCIL OF SAN FRANCISCO, INC.
Senior Opportunities Services Center

3416 - 19th Street
San Francisco, CA 94110

Phone(s):

(415) 626-0773
(415) 241-9314 Fax

Days & Hours:

Mon. - Fri., 8:30-2:30

Person In Charge:

Alma V. Animo, Program Director

Services:

A senior center which provides nutritious congregate Filipino style lunch Monday - Friday. Provides recreational activities, dancing, singing, handicrafts, bingo, exercise and lectures. Also provides outreach, information and referral, social services and assists seniors to obtain needed services.

Fees:	Suggested lunch donation $1.25
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk-in
Language:	Filipino (Tagalog, Ilocano, Cebuano, Hili Gaynon)
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI- 14 Mission, 49 Ocean, 26 Valencia. BART - 16th Street Station
Funding:	City/County (Commission on the Aging), federal (USDA), donations

FRANCIS OF ASSISI COMMUNITY

145 Guerrero Street (Duboce)
San Francisco, CA 94103

Phone(s):

(415) 621-4092

Days & Hours:

Mon. - Fri., 9-5
Sat. - Sun., 9-1

Person In Charge:

Roy Earnest, LCSW, Administrator

Services:

Provides federally subsidized (HUD) housing for seniors and adults with mobility impairments. In the community center, a nutrition site lunch is served daily at noon. All seniors are welcome. Lunch tickets go on sale at 9 am. The community center also provides social, educational and recreational activities as well as health screening. The lunch and senior center program is sponsored jointly by Francis of Assisi and Salvation Army Senior Meals & Services. Two community rooms are available to non-profit agencies for meetings or seminars at very low rates. One month's notice is needed to reserve a room. Contact Toni Martinez for room reservations.

Fees:	Vary according to income and service. Suggested lunch donation $1.25
Eligibility:	Low-income senior or disabled adult
Area Served:	San Francisco County
Application:	Waiting list for apartments is currently closed but call to check when it will re-open; no waiting list for lunch program - call (415) 861-5790 after 9:00 am. on the day you want to come for lunch to make a reservation
Language:	Spanish, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market and Mission Street lines
Funding:	Federal (HUD); lunch provided by Salvation Army Senior Meals & Services is COA funded

FROMM INSTITUTE FOR LIFELONG LEARNING
USF/Ignatius Heights/University Center

2130 Fulton Street
San Francisco, CA 94117

Phone(s):

(415) 422-6805
(415) 422-6535 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Robert Fordham, Director

Services:

Offers educational opportunities to retired persons age 50 or over. Provides three 8-week sessions per year of non-credit college level courses in a variety of subjects. University courses can be audited with the instructor's permission after membership in the institute's program has been established.

Fees:	$100 per session, scholarships available
Eligibility:	Age 50 or over and retirees
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Apply by phone, fax or mail for enrollment application
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 5 Fulton, 31 Balboa, 43 Masonic
Funding:	Donations, fees

GLIDE MEMORIAL UNITED METHODIST CHURCH

Senior Program

330 Ellis Street (Taylor)
San Francisco, CA 94102

Phone(s):

(415) 771-6300
(415) 771-6102 direct

Days & Hours:

Monday & Wednesday, 9-1
Tuesday, 9-3
Thursday, 9-5
Friday, 9-12

Person In Charge:

Virginia Allyn, Program Coordinator

Services:

A multi-service seniors program offering an array of services including case management, information, referral, advocacy, outreach, access to Glide's on-site free medical clinic and all Glide Programs including Recovery, Jobs, Computers. The Seniors' Program offers a social, recreational and informational program of activities two days a week with guest speakers on topics of interest to seniors. Special event luncheons annd activities also included.

Fees:	None
Eligibility:	Most services are for low income seniors
Area Served:	San Francisco County, primarily the Tenderloin
Application:	Walk in or phone. Drop in hours above
Language:	Services by arrangement
Accessibility:	Wheelchair accessible
Transportation:	MUNI lines: 27, 31, 38, BART - Powell and Civic Center Stations
Funding:	Not available

GOLDEN GATE FOR SENIORS

637 South Van Ness (17th Street)
San Francisco, CA 94110

Phone(s):

(415) 626-7553
(415) 626-7779

Days & Hours:

Mon. - Fri., 8-5 (Office)
24 Hour Program

Person In Charge:

Cyrus Carter, Program Director
L. Fleisch Mann, Counselor

Services:

A 20-bed residential alcohol and drug recovery facility for men and women age 55 or over. Average stay is 2 to 12 months. Must be 24 hours without a drink before entering the program. Offers individual and group counseling. Volunteer work and three mandatory 12 Step meetings per week are required.

Fees:	Sliding scale; private insurance accepted
Eligibility:	Must be age 55 or over, detoxed at least 24 hours, and ambulatory
Area Served:	San Francisco County. Some private "out-of-county" beds
Application:	Apply by phone. Appointment necessary
Language:	None
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - Mission Street lines, 22 Fillmore. BART - 16th Street Station
Funding:	City, county, state, federal, fees

GOLDEN GATE SENIOR SERVICES

Diamond Senior Center

117 Diamond Street (19th Street)
San Francisco, CA 94114

Phone(s):
(415) 863-3507

Days & Hours:
Mon. - Fri., 9-4

Person In Charge:
Betty Garvey, Program Coordinator

Services:
A senior center which provides social, recreational, and educational activities as well as health screening. Serves lunch five days a week. Provides sale of discount MUNI and BART passes, Podiatrist services, blood pressure checks, exercise and aerobic classes, library and bookmobile, walking trips, films, cooking, Spanish, Russian and French classes, lectures and cultural events, dances, parties, theater and concert trips, folk dancing, tap dancing, bingo, bridge, singing, Tai Chi, current events and arts and crafts classes and intergenerational activities with Live Oak School.

Fees: $1.25 donation for lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Eureka Valley and Noe Valley districts, but everyone is welcome

Application: Walk in or apply by phone

Language: Italian, Spanish

Accessibility: Wheelchair accessible ramp

Transportation: MUNI - F Market, 24 Divisadero, 33 Stanyan, K Ingleside, L Taraval, M Oceanview, 35 Eureka

Funding: City

GOLDEN GATE SENIOR SERVICES
Project Integration

6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):
(415) 221-2780

Days & Hours:
Mon. - Fri., 9-4

Person In Charge:
Karen James, Project Manager

Services:
The goal of this project is to integrate older adults with developmental disabilities into community senior centers. We offer specialized staff and additional services that provide the necessary support that enables adults with disabilities to participate fully in senior centers.

Fees:	None
Eligibility:	Developmentally disabled over 50
Area Served:	San Francisco County
Application:	By phone
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa
Funding:	Golden Gate Regional Center

GOLDEN GATE SENIOR SERVICES

Richmond Senior Center

6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):

(415) 752-6444
(415) 831-7370 Fax

Days & Hours:

Mon. - Fri., 9-4

Person In Charge:

Nicholas Lederer, Executive Director
Jim Patten, Center Director

Services:

A multiservice senior center which provides information and referral, nutrition education, cooking class, current events, internet, tap dance, exercise, Fast Passes, movies, social activities, painting and ceramics, hot meals, intergenerational activities, tax assistance and literacy program. Serves a noon lunch. Special attention paid to the frail, handicapped and developmentally disabled seniors.

Fees:	Suggested donation for lunch, $1.25
Eligibility:	Age 60 or over, disabled
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Russian, Tagalog, Ilocano, Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa
Funding:	City, county (Commission on the Aging)

GOLDMAN INSTITUTE ON AGING
Alzheimer's Day Care Resource Ctr/ADHC

3600 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 750-5330
(415) 750-5323 Fax

Days & Hours:

Mon. - Fri., 8:30-5 (Office)

Person In Charge:

Kim Peloso, Director

Services:

Offering nursing and social work services, this program is devoted to persons with memory loss. Structured and interactive activities help avert nursing home placement by maximizing mental and physical abilities. Support groups and respite for caregivers are provided. Noon meal and transportation included. Program operates six days a week.

Fees:	Vary according to income, Medi-Cal, veterans' benefits, private insurance accepted
Eligibility:	Disabled, frail elderly or adult at risk of being institutionalized. Must be a resident of area served (exceptions granted in certain circumstances)
Area Served:	San Francisco County, primarily the Western Addition, Inner Richmond, Haight and Marina districts
Application:	Apply by phone
Language:	Tagalog, Russian, Spanish
Accessibility:	Wheelchair accessible
Transportation:	Paratransit transportation provided
Funding:	Medi-Cal, grants, fees, donations

GOLDMAN INSTITUTE ON AGING
Artworks and Consortium for Elders and Youth in the Arts (CEYA)

3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

Phone(s):
(415) 750-4187

Days & Hours:
Mon. - Sat.,9-5

Person In Charge:
Jeff Chapline, Director

Services:
Provides education and expertise in a wide range of visual and performing arts to facilitate meaningful activities and lessen the isolation of homebound and group-site elderly. These activities aid in alleviating depression and help keep elders connected and contributing to the community.

Fees:	Vary
Eligibility:	Age 60 or over, eligible group sites
Area Served:	San Francisco County
Application:	Call for information packet, application, referral forms
Language:	Japanese, Spanish, French, Chinese
Accessibility:	n/a (service happens out in the field)
Transportation:	n/a
Funding:	State (California Arts Council), grants, donations, fees

GOLDMAN INSTITUTE ON AGING
Center for Elderly Suicide Prevention/Grief-related Services
Friendship

3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 752-3778 Friendship Line
(415) 750-5355 Grief-related Services
(415) 750-4196 Fax

Days & Hours:

Mon. - Fri., 9 - 5pm
24 Hours daily

Person In Charge:

Patrick Arbore, Executive Director

Services:

Provides emotional support, information, crisis intervention, and psychotherapy to adults over the age of 60 who may be homebound, isolated, lonely, depressed, and/or suicidal. In addition to telephone support, trained volunteers may visit isolated elders in their homes. Answers the Senior Information and Referral telephone line after business hours. A member of the Coalition for Elder Abuse Prevention. Offers grief related services for individuals who have suffered a sudden death, suicide or other traumatic loss. Provides group support for survivors of suicide and individual counseling for all others.

Fees:	None (except for psychotherapy services - we accept Medicare or other insurance; not Medi-Cal)
Eligibility:	Age 60 or over for the Friendship Line
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Varies
Accessibility:	Not necessary to receive service
Transportation:	Not necessary to receive service
Funding:	City, donations, United Way Donor Option, Foundations

GOLDMAN INSTITUTE ON AGING
Community and Professional Education

3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

Phone(s):

(415) 750-5342
(415) 750-4179 Fax

Days & Hours:

Mon. - Fri., 8:30-5 (Office)

Person In Charge:

Carol Allen, MA, Director

Services:

The community education program is designed to inform older adults and caregivers about critical health issues. Its goal is to provide up-to-date information so elders can make informed decisions about their health and well-being.

Fees:	None
Eligibility:	Anyone interested in the topics presented
Area Served:	San Francisco, Bay Area
Application:	Register for announced program by phone or registration card
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	Locations vary with programs
Funding:	Mount Zion Health Systems, Educational grants

GOLDMAN INSTITUTE ON AGING
Comprehensive Outpatient Rehab. Facility (CORF)

3600 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-5330

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Kim Peloso, Director

Services:
CORF provides a combination of rehabilitation services delivered by geriatric rehabilitation specialists, and supervised by a geriatric rehabilitation physician. The rehab team carefully evaluates and develops a plan of care unique to the needs of each patient, to help each individual regain and maintain function at his or her highest level. The plan teaches patients and their families how to maintain strength and mobility once therapy is concluded. The plan may include physical, occupational or speech therapy, skilled nursing care, social or psychological services. The services are available five days per week, depending on the individual's needs.

Fees:	The CORF program is covered by Medicare and private insurance
Eligibility:	Any disabled older adult whose condition can be improved with therapy is eligible
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Tagalog, Russian, Spanish
Accessibility:	Wheelchair accessible
Transportation:	Available by arrangement
Funding:	Goldman Institute on Aging, Medicare, fees, donations

GOLDMAN INSTITUTE ON AGING
ElderPlan Consultation and Care Management

3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(888) 750-5547 Toll Free
(415) 750-4130 Local
(415) 750-4196 Fax

Days & Hours:

Mon. - Fri., 8:30-5

Person In Charge:

Anne Hinton, Program Director
Robert Davis, Team Leader

Services:

Professional staff provides consultation and care management services to older adults and their family members. This fee-for-service program offers comprehensive assessment, care planning, service arrangement, and monitoring of the older person's needs. Services that can be arranged include homemaker assistance, money management, and coordination of medical and social supports. ElderPlan's goal is to assist seniors in remaining independent in their own homes. However, if this isn't possible, alternative living arrangement consultation is available.
ElderPlan is a member of the National Association of Professional Geriatric Care Managers.

Fees:	Initial assessment: $100.00; hourly rate; $60.00
Eligibility:	Older adult or their family
Area Served:	San Francisco and other Bay Area counties
Application:	None required, call for appointment
Language:	Can work with translators
Accessibility:	Can be arranged
Transportation:	MUNI - 38 Geary, 2 Clement
Funding:	(Private non-profit) fees and grants

GOLDMAN INSTITUTE ON AGING
Geriatric Mental Health Program

1710 Scott Street, 2nd Floor
San Francisco, CA 94115

Phone(s):

(415) 885-7415
(415) 885-7439 Fax

Days & Hours:

Mon. - Fri., 8:30-6:30

Person In Charge:

Jess H. Ghannam, Ph.D, Director

Services:

A multidisciplinary team of professionals offers testing, diagnosis, intervention and psychotherapy for older individuals who have depression, anxiety, sleep disorders or other psychological problems. Staff members are available for consultations to primary care physicians and support to caregivers.

Fees:	Medicare, sliding scale/co-pay
Eligibility:	55 and older
Area Served:	Greater San Francisco Bay Area
Application:	Call for an appointment
Language:	Russian
Accessibility:	Wheelchair accessible, can do home visits
Transportation:	N/A
Funding:	(Private, Non-profit), state, federal, fees

GOLDMAN INSTITUTE ON AGING
Linkages Program

3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 750-4141
(415) 750-4196 Fax

Days & Hours:

Mon. - Fri., 8-4:30

Person In Charge:

Anne Hinton, Program Director

Services:

Serves frail elderly and functionally impaired adults at risk of institutionalization, but not so impaired as to require immediate placement. Provides information and referral on community-based long-term care, assessment, case management, and service coordination with a limited option to purchase needed services in special cases.

Fees:	None. Donations accepted
Eligibility:	Frail, elderly or functionally disabled adults age 18 or over at risk of institutionalization. Does not serve individuals who are eligible for services under the Department of Developmental Services
Area Served:	San Francisco County
Application:	Waiting List
Language:	Italian, others by arrangement with an interpreter
Accessibility:	Clients are seen in their own homes or elsewhere. Anyone coming directly to office can be accommodated, call first
Transportation:	MUNI - 38 Geary (stops in front of building), 2 Clement
Funding:	State, donations, fees

GOLDMAN INSTITUTE ON AGING
On Lok SeniorHealth by Institute on Aging

1426 Fillmore Street
San Francisco, CA 94115

Phone(s):

(415) 447-1000 Administration
(415) 447-1000 Enrollment Information
(415) 447-1035 Fax

Days & Hours:

Mon. - Fri., 8-4:30

Person In Charge:

Ann Blick-Hamer, Director

Services:

A comprehensive health plan that serves frail elderly with multiple medical problems, physical disabilities or memory impairments, SeniorHealth offers an alternative to nursing homes for those people who prefer to remain in the community. Following assessment, an interdisciplinary team meets all healthcare needs through medical and nursing services, physical, occupational and speech therapy, in-home support, counseling, social and recreational services, transportation and meals. Services are provided in the IOA's licensed day health center, the participants' homes, sheltered housing, participating hospitals and nursing homes.

Fees:	Medicare, Medi-Cal and private pay
Eligibility:	Frail elderly, age 55 or over, resident of area served
Area Served:	San Francisco
Application:	Apply by phone. Appointment necessary, call (415) 447-1000
Language:	Filipino (Tagalog), Chinese (Cantonese & Mandarin), French, Russian, Spanish
Accessibility:	Wheelchair accessible/restroom, vans with wheelchair lifts, special parking, carry-chair service
Transportation:	SeniorHealth can arrange for transportation
Funding:	State, Federal

GOLDMAN INSTITUTE ON AGING
Ruth Ann Rosenberg Adult Day Health Center (ADHC)

3600 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-5330

Days & Hours:
Mon. - Fri., 8-5 (Office)

Person In Charge:
Kim Peloso, Director

Services:
An Adult Day Health Center which provides special nursing and rehabilitation services in addition to social and recreational activities to adults with chronic illnesses and disabilities. Also provides respite to families responsible for their care. An individualized treatment plan is developed for each participant, the plan may include nursing, occupational, physical or speech therapy, social work, nutrition counseling, medication instruction, exercise, assistance with personal hygiene, recreational and social activities and noon time meals. The services are provided two to five days per week depending upon the individual's needs.

Fees:	Vary according to income, Medi-Cal, veterans' benefits, private insurance accepted
Eligibility:	Disabled, frail elderly or adult at risk of being institutionalized. Must be a resident of area served (exceptions granted in certain circumstances)
Area Served:	San Francisco County, primarily the Western Addition, Inner Richmond, Haight and Marina districts
Application:	Apply by phone
Language:	Russian, Spanish, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	Paratransit transportation provided
Funding:	Medi-Cal, grants, fees, donations

GOLDMAN INSTITUTE ON AGING
San Francisco Consortium for Elder Abuse Prevention

3330 Geary Blv., 2nd Floor East
San Francisco, CA 94118

Phone(s):

(415) 750-4188
(415) 750-4136 Fax

Days & Hours:

Mon. - Fri., 8-4:30

Person In Charge:

Lisa Nerenberg, Director

Services:

Offers elder abuse case consultation, in-service training for agency staff, information dissemination and multidisciplinary case review. Provides public education about elder abuse to the community. Also offers counseling and case management to victims of elder abuse.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County, nationwide for consultation
Application:	Apply by phone
Language:	None
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary, 33 Stanyan
Funding:	Grants, San Francisco Commission on the Aging

GOLDMAN INSTITUTE ON AGING
San Francisco Multipurpose Senior Services Program (MSSP)

3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 750-4141
(415) 750-4196 Fax

Days & Hours:

Mon. - Fri., 8-4:30

Person In Charge:

Anne Hinton, Program Director

Services:

Provides case management to help prevent or delay institutionalization of frail elderly. Service includes a health and psychosocial assessment with a reassessment every year or more often if indicated, coordination of services with a minimum of a monthly contact to ensure adequate and appropriate service delivery. Will purchase other services including chore and personal care, respite, money management, etc., based on client need and program budget.

Fees:	None
Eligibility:	Age 65 or over, Medi-Cal eligible, certified or certifiable for skilled nursing or intermediate care facility placement
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Chinese (Cantonese, Mandarin), Russian, Spanish, Tagalog
Accessibility:	Clients are seen in their own homes or elsewhere. Anyone coming directly to office can be accomodated, call first
Transportation:	MUNI - 38 Geary, 2 Clement
Funding:	State (Department of Aging), federal

GOLDMAN INSTITUTE ON AGING
Senior Information Line (IC&R)

3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 750-4130
(415) 750-4196 Fax

Days & Hours:

Mon. Fri., 8:30-5

Person In Charge:

Anne Hinton, Program Director

Services:

Provides information, counseling and referral for older persons and their families. Social workers on staff answer a wide variety of questions by phone.

Fees:	Vary according to income and service required
Eligibility:	Older persons and their families
Area Served:	San Francisco and other Bay Area counties
Application:	Vary according to service
Language:	Can arrange translation in Spanish, Chinese (Cantonese & Mandarin), and Russian
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - 2 Clement, 38 Geary
Funding:	(Private non-profit), private sources, fees

GRANDPARENTS WHO CARE

One Rhode Island Street
San Francisco, CA 94103

Phone(s):

(415) 682-3234
(415) 865-3099 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Anissa Williams, Program Director
Jessie McElroy, Program Coordinator

Services:

Provides six support groups for grandparents/relative caregivers who are raising their grandchildren because of the substance abuse, incarceration, neglect, or death of the parent. Monthly workshops are held on various topics, ranging from grief and loss to custody issues. Recreation and social activities are also planned for the children and relative caretakers. Limited respite is also provided

Fees:	None
Eligibility:	Grandparent/relative caregiver
Area Served:	San Francisco County - Mission, OMI, Bayview-Hunter's Point, Visitacion Valley and Western Addition
Application:	By phone or in person. No appointment necessary
Language:	Spanish
Accessibility:	Wheelchair lifts, support groups are held in accessible buildings
Transportation:	MUNI - 19 Polk
Funding:	Foundation grants, donations, city

GRAY PANTHERS
San Francisco Chapter

1182 Market Street, Suite 203
San Francisco, CA 94102

Phone(s):

(415) 552-8800

Days & Hours:

Daily, 11-1
Other times vary; answering machine takes messages

Person In Charge:

Karen Talbott, Co-Conveners
Aroza Simpson, Co-Conveners

Services:

An intergenerational organization involved in public education and advocacy about a variety of social issues. Organizes around world peace, health care, housing, social security, Medicare and ageism. Offers cooking demonstrations on how to prepare inexpensive and nutritious meals.
Encourages people of all ages to become members.

Fees:	Annual membership $20, no one turned away for lack of funds. Fee includes subscriptions to local and national newsletters and position papers
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply for information by phone, application is included
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines, BART - Civic Center Station
Funding:	Donations, dues, grants

HEARING SOCIETY FOR THE BAY AREA, INC.

870 Market Street, Suite 330
The Flood Building
San Francisco, CA 94102

Phone(s):

(415) 693-5870 Voice
(415) 834-1005 TDD
(415) 834-1538 Fax

Days & Hours:

Mon. - Fri., 8:30-12, 1-5

Person In Charge:

Helen Sloss Luey, Executive Director
Jerome L. Friedman, Director of Audiology

Services:

Provides information and referral on hearing, hearing loss, deafness, and hearing conservation for the general public. Services include information and referral, audiological counseling, social work and mental health services, individual and group counseling for hard of hearing and deaf youth and their families, classes in hearing loss and communication. Provides hearing aids on loan and counseling on coping with hearing loss. Speakers and literature are available (some materials in foreign languages). Offers outreach services to schools, senior centers, employers, including hearing screenings by professionals. Assistive Device demonstrations and sales. Programs for people with HIV/AIDS related hearing loss.

Fees:	Vary according to income for counseling or classes. $90 processing fee for hearing aid loan
Eligibility:	Resident of area served
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo and Sonoma Counties
Application:	Apply by phone
Language:	American Sign, Spanish, Tagalog, Cantonese, Mandarin
Accessibility:	Convenient parking, wheelchair accessible, interpreter for the deaf
Transportation:	MUNI - Market Street lines, MUNI Metro/BART-Powell Street Station
Funding:	grants, donations, fees, contracts

HOSPICE BY THE BAY

1540 Market Street, Suite 350
San Francisco, CA 94102

Phone(s):

(415) 626-5900

Days & Hours:

Person In Charge:

Constance Borden, Executive Director

Services:

Provides services and care to individuals and their families during the late stages of a terminal illness. Home Care services include nursing, home health aides, homemaker services, physical therapy, speech therapy, dietary counseling, social services, bereavement counseling, patient family education and occupational therapy. Also offers an inpatient hospice care for patients who require skilled nursing care and are unable to remain at home through contracted skilled nursing facilities.

Fees:	Medi-Cal, Medicare, private insurance, military insurance accepted
Eligibility:	Patient consent to hospice care, diagnosed as terminal (6 months or less), a primary caregiver if at home
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone, referral from hospital, or apply by mail
Language:	Chinese, Filipino (Tagalog), Spanish, Russian
Accessibility:	Handicap accessible office
Transportation:	Not necessary for service
Funding:	Donations, grants, fees

HOUSING RIGHTS COMMITTEE OF SAN FRANCISCO

942 Market Street, #303
San Francisco, CA 94102

Phone(s):

(415) 398-0527 Administration
(415) 398-6200

Days & Hours:

Mon. - Thurs., 1:30-5:30
Drop-in & Phone Counseling

Person In Charge:

Marie Ciepiela, Director

Services:

Provides general information on landlord-tenant rights and responsibilities including repairs, maintenance, rent increases, evictions and Rent Board hearings. Helps organize tenant associations.

Fees:	None for clinics or counseling. Voluntary membership donation requested. Sliding scale
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	None required
Language:	Cantonese, Mandarin, Russian (by appointment)
Accessibility:	Wheelchair accessible, Braille, Sign
Transportation:	MUNI Metro/BART - Powell Street Station, 7 Haight, 71 Noriega, 6 Parnassus, 9 San Bruno, 19 Polk, 27 Bryant
Funding:	Donations, foundations, some city funding

IHSS PUBLIC AUTHORITY OF SAN FRANCISCO

942 Market Street, Suite 509
San Francisco, CA 94102

Phone(s):

(415) 981-4477
(415) 981-4479 Fax
(415) 981-4478 TDD

Days & Hours:

Mon. - Fri., 8:30-5
On-call urgent service available evenings/weekends

Person In Charge:

Donna Calame, Executive Director
Charles Calavan, Deputy Director

Services:

A public agency that recruits home care workers and operates a registry service matching workers with In-Home Supportive Services consumers. Participates with other community agencies, labor and consumer groups in planning and advocacy to improve the in-home care service system; facilitates the availability of training for workers and consumers.

Fees: No charge

Eligibility: Consumers must be eligible for IHSS. Workers must attend orientation, pass screening and interview and have references (personal and/or job) to be listed on registry

Area Served: San Francisco County

Application: Workers may apply by phone or pick up application at office. Consumer apply by phone

Language: Spanish, Tagalog, Russian, Chinese dialects. Other languages by arrangement

Accessibility: Accessible office, elevator and restrooms

Transportation: MUNI - Accessible bus lines on Market, 26 (to Jessie), 27 (on 5th St.), 14 (on Mission), 71 Noriega (on Market), 9 San Bruno, and 31 Balboa. Closest MUNI Metro/BART is Powell Street station

Funding: By contract administered by San Francisco Department of Human Services (federal, state and county funds)

INDEPENDENT LIVING RESOURCE CENTER

649 Mission Street (3rd St.)
San Francisco, CA 94105

Phone(s):

(415) 543-6222 Voice
(415) 543-6698 TDD
(415) 543-6768 Chinese
(415) 543-6743 Spanish

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Kathy Uhl, Director
Herb Levine, Program Services Coordinator

Services:

An independent living resource center which provides services for disabled persons of any age. Offers advocacy and financial benefits counseling about Social Security, SSI and other government income programs. Offers peer counseling, peer counseling training and support groups. Offers self-advocacy skills workshops. Recruits, trains and refers persons to those who need personal care and household chores. Provides assistance to disabled persons on how to hire an attendant. Housing referral, information about housing options. Also provides information and referral, and voter registration. Technical assistance is provided to institutions concerned with access. Offers sensitivity workshops for businesses and social service agencies. Self employment workshops. Advocacy on individual access issues, housing and employment discrimination. American Disability Act (ADA) education.

Fees:	Vary according to income and service. Most services free
Eligibility:	Disabled persons
Area Served:	San Francisco County
Application:	Apply by phone
Language:	American Sign Language, Spanish, Chinese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Mission and Market Street lines. MUNI Metro/BART - Montgomery Station
Funding:	City, state, federal, grants, donations, fees

INGLESIDE SENIOR CENTER

1345 Ocean Avenue (Granada)
San Francisco, CA 94112

Phone(s):
(415) 337-8211

Days & Hours:
Mon. - Fri., 9-2:15

Person In Charge:
Reverend Roland Gordon, Host Agency Directc

Services:
A Senior Center which provides hot nutritious lunch for seniors, weekdays at noon. Also provides recreational activities, arts and crafts, nutrition education, movies and field trips.

Fees:	$1.25 donation for lunch
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Ingleside District
Application:	Walk in or apply by phone
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - K Ingleside, 29 Sunset
Funding:	Salvation Army, city (Commission on the Aging)

IN-HOME SUPPORTIVE SERVICES CONSORTIUM

1370 Mission Street, 2nd Floor
San Francisco, CA 94103

Phone(s):

(415) 255-2079
(415) 255-0679

Days & Hours:

Mon. - Fri.
8:30-5:00

Person In Charge:

Margaret Baran, Executive Director
Constance Revore, MSSW, Program Manager

Services:

Offers a continuum of community based long-term care services to at-risk vulnerable older and disabled persons whose primary service need is the provision of in-home non-medical personal care. The IHSS Consortium through a contract with the San Francisco Department of Human Services recruits, trains, and places home care workers to provide personal care services to older and disabled persons in their home as prescribed by the Department. Through an innovative consortium model, a "single point" access to a continuum of services for low-income persons has been established which expands availability of services to the client. Based on the client's assessed risk factors, they are either assigned to the Consortium's intensive supervision or regular supervision program.

The intensive supervision program is comprised of seven community based service organizations - Mission Neighborhood Centers, Self-Help for the Elderly, Bayview Hunters Point Senior Services, Kimochi, Inc., Western Addition Senior Citizens Services Center, North of Market Senior Services, and Jewish Family and Children's Services - who provide the specific case management and continuum of services which ensures the continuity and coordination of services to clients in the system. This network offers a key provision of the service system which is the ethnic-specific services. The bilingual and bi-cultural services offered to the Chinese, Japanese, Russian, and Hispanic clients, breaks down many of the long standing institutional barriers to services confronting minority clients. The non-intensive supervision program also provides ethnic specific services but does not provide the same level of monitoring and assistance as the intensive program.

This model reduces the fragmentation of services and ensures that a client will receive needed services that undergrid the in-home care necessary to prevent institutionalization and to enhance the quality of life for older and disabled persons.

Fees: None

Eligibility: Meet Department of Human Services, In-Home Supportive Services requirements

IN-HOME SUPPORTIVE SERVICES CONSORTIUM (continued)

Area Served:	San Francisco County
Application:	Department of Human Services
Language:	Consortium member agencies speak Chinese (Mandarin), Japanese, Spanish and Russian
Accessibility:	Clients are served in their homes
Transportation:	MUNI - Mission & Market Buses, BART
Funding:	San Francisco Department of Human Services and the Commission on the Aging

INSTITUTE FOR HEALTH AND HEALING

Planetree Library

2040 Webster Street (Sacramento)
San Francisco, CA 94115

Phone(s):

(415) 923-3681
(415) 923-3680 (Recorded Message)
(415) 673-2629 Fax

Days & Hours:

Tues. - Sat., 11-5
Wed., 11-7

Person In Charge:

Roz Kutler, Librarian

Services:

Provides free access to medical information and health and a health bookstore. Subjects covered at the center include self care and first aid, physiology and anatomy, occupational health hazards, alcoholism, smoking, stress, mental health, acute and chronic diseases, cancer, AIDS, alternative therapies, nutrition, fitness, exercise, sexuality, genetics, childbirth and infant care, aging, death and animal health care. The library collection consists of over 2500 medical texts, consumer health books and journals. A current clipping file catalogs the latest information on medical research, treatment approaches and technological advances. Provides information by mail with basic packets on selected topics and in-depth research on any medical diagnosis for a fee. Provides a guide to national health agencies, practitioners, clinics, and self-help groups. Offers lecture series.

Fees: None to use the center. $20/yr for library card, includes borrowing privileges. Individual membership - $65/yr. Basic info. packets- $40. In-depth information packets - $100 per topic. MEDLINE bibliography - $35. Visa, MC, cash, check or money order

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties, and nationwide

Application: Walk in or apply by phone

Language: None

Accessibility: Some large print materials are available, wheelchair accessible

Transportation: MUNI - 1 California, 22 Fillmore, 24 Divisadero

Funding: Donations, membership fees, CPMC

INTERNATIONAL INSTITUTE OF SAN FRANCISCO

657 Mission Street, #500
San Francisco, CA 94105

Phone(s):
(415) 538-8100

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Margi Dunlap, Executive Director

Services:
Provides services for immigrants, refugees, and non-English speaking persons including multilingual, multicultural counseling, information and referral, English tutoring, legal and immigration assistance. Legal services include assisting with immigration applications, obtaining documents, fingerprinting and legalization appeals as necessary.

Fees:	Legal services and one-to-one tutoring vary according to income. None for other services
Eligibility:	No requirements
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone or walk in Monday or Thursday from 1-4 pm for legal services. Walk in or apply by phone for other services
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, Italian, Lao, Portuguese, Russian, Spanish, Vietnamese
Accessibility:	Fully accessible
Transportation:	MUNI - Mission and Market Street Bus Lines, MUNI Metro/BART - Montgomery Station
Funding:	State, federal, county, fees, donations

ITALIAN-AMERICAN COMMUNITY SERVICES AGENCY

678 Green St. (Columbus & Powell)
San Francisco, CA 94133

Phone(s):

(415) 362-6423
(415) 362-6421
(415) 362-3565 Fax

Days & Hours:

Mon. - Fri., 9-12, 1-5

Person In Charge:

Anna Maria Pierini, Executive Director

Services:

Provides case management, information and referral, in-home support care referrals, home visits, volunteer companionship and interpreting to individuals and families of Italian descent.

Fees:	None
Eligibility:	Italian-American origin or born in Italy
Area Served:	Alameda, Contra Costa, Marin, Sonoma, San Francisco, and San Mateo and Santa Clara Counties
Application:	Walk-in or apply by phone
Language:	Italian
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - 15 Third, 30 Stockton, 45 Greenwich, 41 Union
Funding:	Donations

JAPANESE NEWCOMERS SERVICES

Nobiru Kai, Inc.

1840 Sutter St., Suite 205 (Webster)
San Francisco, CA 94115

Phone(s):

(415) 922-2033
(415) 922-0410 Fax

Days & Hours:

Tues. - Fri., 1-5

Person In Charge:

Yoshiko Kitawaki, Social Service Director

Services:

Provides bilingual social services primarily for Japanese, including translation and interpretation. Drop-in center provides employment, housing, and educational information and referral as well as cultural, educational and recreational activities. Monthly Used-Japanese book sale. A community board lists job openings, housing information and educational opportunities in Japanese. Publishes a monthly event calendar.

Fees:	None
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk in or apply by phone
Language:	Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 2 Clement, 3 Jackson, 4 Sutter
Funding:	Membership, donations

JEWISH COMMUNITY CENTER, SAN FRANCISCO

Montefiore Senior Center

3200 California Street (Presidio)
San Francisco, CA 94118

Phone(s):

(415) 292-1264
(415) 474-1612 (Fax)

Days & Hours:

Mon. - Thurs., 8:30-5:30
Fri., 8:30-4:30
Sun., 10-2

Person In Charge:

Kathleen da Silva, Director

Services:

A multiservice senior center for persons age 55 or over which provides trips and outings, exercise and swimming, health and nutrition, medical screening, extensive visual and performing arts programs, writing and literature classes, volunteer services, legal assistance, information and referral, a singles and couples club. Also offers a Social Day Care program for adults on Monday, Wednesday and Friday from 10-1. Van transportation can be arranged. The Kosher Nutrition Program provides 103,000 congregate lunches from a certified kosher kitchen to various sites throughout the City. Lunches are also delivered to frail seniors' homes.

Fees:	Vary according to service. Lower fees for members
Eligibility:	Some programs require membership, membership is open to anyone. Montefiore Senior Center - age 55 or over
Area Served:	San Francisco County, Daly City
Application:	Walk in, apply by phone or mail
Language:	French, German, Hebrew, Russian, Yiddish
Accessibility:	Special parking, elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 4 Sutter, 1 California, 3 Jackson, 43 Masonic. Agency van provides transportation for the frail
Funding:	Jewish Community Federation, Commission on the Aging, donations, memberships

JEWISH FAMILY AND CHILDREN'S SERVICES
L'Chaim: Senior Center

751 - 25th Avenue (Balboa)
San Francisco, CA 94121

Phone(s):
(415) 386-0664

Days & Hours:
Mon. - Thurs., 9-5

Person In Charge:
Linda Solomon, Director

Services:
A multipurpose center for frail Russian-speaking Jewish elderly offering a variety of educational, social and cultural experiences. A wide range of classes, special events and lectures are provided by bilingual staff and consultants to meet the specific needs of this population. Paratransit transportation services available for participants unable to independently provide transportation or unable to obtain family assistance. Provides lunch, and special holiday and special event meals. Participants attend either one, two or three days per week from 10-3.

Fees: $10 monthly membership fee, $1.25 meal donation, $8.00 per month transportation

Eligibility: Frail Russian Jewish emigres

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Language: Russian, Yiddish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 1 California, 31 Balboa, 38 Geary. Van transportation can be arranged

Funding: Jewish Family and Children's Services

JEWISH FAMILY AND CHILDREN'S SERVICES
(Personal Affairs Management Program)

1600 Scott Street
San Francisco, CA 94115

Phone(s):

(415) 567-8860
(415) 922-5938 Fax

Days & Hours:

Mon. - Fri., 8:30-5

Person In Charge:

Anita Friedman, Executive Director
Jean Tokarek, Supervisor

Services:

Provides personal affairs management for Jewish and non-Jewish elders who need assistance with management of their day to day finances. Services include bill paying, check depositing, medical claims processing, tax management or referral and budget counseling. The objective of the program is to reduce client's vulnerability to financial abuse and allow them to remain in their home as long as possible. Services are provided within a continuum of authority ranging from 'no authority' to conservatorship and durable Power of Attorney.

Fees:	$60/hour; subsidies available for Jewish clients who do not have ability to pay
Eligibility:	San Francisco or San Mateo County resident; no age or religious affiliation requirements
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone
Language:	None
Accessibility:	Not necessary for service
Transportation:	MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 24 Divisadero, 38 Geary
Funding:	Donations, fees

JEWISH FAMILY AND CHILDREN'S SERVICES
Seniors-At-Home

1600 Scott Street (Post)
San Francisco, CA 94115

Phone(s):

(415) 567-8860

Days & Hours:

Mon., Tues., Thurs., Fri., 8:30-5
Wed., 8:30-7:30

Person In Charge:

Anita Friedman, Executive Director
Amy Rassen, Associate Executive Director
Eileen Goldman, Director of Seniors-At-Home

Services:

Provides comprehensive services that enable seniors to live in the community independently. A full continuum of services are offered and include case management, counseling to seniors and their families, homecare and skilled care, money management, adult day health, assisted living, information and referral, volunteer friendly visitors and case aides, support groups, bereavement services, home visitation, transportation escort services to medical appointments and grocery shopping, telephone reassurance services.

Fees: Vary according to income. Private insurance accepted

Eligibility: Age 60 or over

Area Served: Marin, San Francisco, San Mateo and Sonoma Counties

Application: Walk-in, call, or referral

Language: German, Sign, Spanish, Yiddish, Russian, Polish, French, Cantonese

Accessibility: Ramp/interpreter for the deaf available

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 38 Geary, 24 Divisadero

Funding: Fees for services, special grants, individual contributions

JEWISH HOME FOR THE AGED

302 Silver Avenue (Mission)
San Francisco, CA 94112

Phone(s):

(415) 334-2500

Days & Hours:

Mon. - Fri., 8:30-5

Person In Charge:

Jerry A. Levine, Executive Director
Sandra P. Epstein, PhD, Administrator

Services:

A private, non-profit licensed long-term care skilled nursing facility which provides comprehensive geriatric services to chronically ill or physically, mentally or psychologically impaired Jewish seniors. Services include medical/nursing care, with emphasis on prevention as well as treatment, social services, dietary programs including kosher meals, daily social, recreational, cultural, and religious programs, and personal services such as housekeeping and laundry. Clinical units in audiology, dentistry, dermatology, ophthalmology, optometry, podiatry, and x-ray are on the premises. Special treatment programs at the Jewish Home include an Acute Gero-pychiatric Unit, a unit specifically designed for residents with Alzheimer's disease and related illnesses, short term rehabilitative services following an acute hospitalization, and the Fannie L. Morris Adult Day Center for frail Jewish elderly (described separately).

Fees:	Vary according to income and service. Medicare, Medi-Cal accepted
Eligibility:	Jewish seniors age 65 or over, resident of area served
Area Served:	Marin, San Francisco, San Mateo, Santa Clara Counties
Application:	Apply by phone. Appointment necessary
Language:	German, Hebrew, Russian, Spanish, Yiddish
Accessibility:	Special parking, elevator, ramp, wheelchair accessible/restroom, phones
Transportation:	MUNI - 44 O'Shaughnessy, Mission Street lines
Funding:	Jewish Community Federation, United Way, donations, fees

JEWISH HOME FOR THE AGED
Fannie L. Morris Adult Day Care Center

302 Silver Avenue (Mission)
San Francisco, CA 94112

Phone(s):

(415) 469-2252

Days & Hours:

Mon.-Fri., 8:30-5 (Office)
Mon.-Fri., 10-3 (Program)

Person In Charge:

Mary Steinhauer, PHN, Program Director

Services:

A daily activity center for physically, mentally and emotionally disabled senior citizens. Participants are generally age 60 or over and attend one to five times weekly on a regular schedule. Fee includes transportation, one kosher meal daily, including specialized diets, and some health care services. Activities include discussion groups, physical exercises, art and musical programs. Social services, health services including physical therapy, dentistry, podiatry, ophthalmology, nursing and personal care services are provided according to individual needs.

Fees: Vary according to income and expenses, from $11 - $58 per day

Eligibility: Jewish, age 60 or over, physically, mentally or emotionally disabled, resident of area served

Area Served: San Francisco and San Mateo County

Application: Apply by phone. In an initial interview, staff meet with the prospective participant or a family member to evaluate the person's needs and to work out financial arrangements. Initial interview can take place in the prospective participant's home or the day care center

Language: Russian

Accessibility: Special parking, elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 44 O'Shaughnessy, Mission Street lines, 51 Silver. Door-to-door transportation available for participants residing in San Francisco County and northern Daly City

Funding: Grants, donations, fee

JOHN W. KING SENIOR CENTER

590 Leland Ave.
San Francisco, CA 94134

Phone(s):

(415) 239-6233
(415) 239-2262 Fax

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

John W. King, Executive Director
E. La Vergne Keppard, Program Director

Services:

Provides door to door transportation for frail, elderly, and physically challenged to and from medical appointments, as well as grocery shopping and recreation. Hot lunches are provided Monday through Friday from 11:30 am to 1:00 pm, with transportation also provided. A full compliment of activities are offered that include Bingo. Arts & Crafts, Field trips, information and referral assistance. Movies, and an Award Winning Community Garden where they can plant and maintain their own plots.

Fees:	Transportation service provided through A.D.A. certification and Mayor's Office of Community Development
Eligibility:	55 years and older
Area Served:	Visitacion Valley, Bayview Hunter's Point, Mission, Excelsior, Portola, Sunset, Fillmore and Little Hollywood
Application:	Walk in, Telephone, or Referral
Language:	Spanish, Cantonese, Samoan
Accessibility:	Ramp accessible
Transportation:	MUNI - 9 Express San Bruno, 15 Third Street, 9 San Bruno
Funding:	Fees for services, Commission on the Aging, Mayor's Office of Community Development and Individual Contributions

KAISER PERMANENTE MEDICAL CENTER
2200 O'Farrell St. Medical Office Bldg

2425 Geary Blvd. (Hospital)
San Francisco, CA 94115

Phone(s):	**Days & Hours:**
(415) 202-2000 Main Number	Always available
Department of Medicine: (415) 202-2200 - English (415) 202-2239 - Chinese (415) 202-2203 - Spanish	Mon. - Fri., 8-5 (General Clinic available evenings and weekends)
Customer Service Center/Health Plan: (800) 464-4000 - English (800) 757-7585 - Chinese (800) 788-0616 - Spanish	Mon. - Sun., 7-7
(415) 202-3530 - Social Work Services	Mon. - Sun., 8:30-5
(415) 202-3450 - Health Education	Mon. - Fri., 9-5

Person In Charge:

Janice Head, Vice-President & Area Manager
Bruce Blumberg, M.D., Physician in Charge

Services:

Kaiser Permanente is a nonprofit group practice prepayment plan providing comprehensive health and hospital services to more than 6.6 million voluntarily enrolled members nationwide. Today, Kaiser Permanente is one of the country's largest independent, prepaid group practice health maintenance organization (HMO). Its hallmark is the ability to integrate the elements of health care - physicians, hospitals, home health, support functions, case management and insurance - into a coherent whole. Highlights for seniors include: board-certified Geriatricians, Geriatric Nurse Practitioners, a drop-in health education library, and a full range of support groups.

Kaiser has also been involved in the organization of Senior Centrals in various neighborhoods, and has an active Senior Advisory Council, which represents its diverse membership.

Fees: There are no monthly premiums for members enrolled in the Senior Advantage program

Eligibility: Most services are available to Kaiser health plan members only. To enroll in Senior Advantage, members must have Medicare Parts A and B. Other plans are also available (call the Customer Service Center for information)

KAISER PERMANENTE MEDICAL CENTER (continued)
2200 O'Farrell St. Medical Office Bldg

Area Served:	Anywhere in the country where there is a Kaiser facility. In the Northern California region alone, there are over 30 medical office clinics and 15 hospitals
Application:	For health plan questions or questions about the Senior Advantage program, please call the Customer Service Center (or visit the center at 2425 Geary Blvd., lobby level)
Language:	All languages spoken (interpreter services available 24 hours a day)
Accessibility:	Special parking, elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI: 38 Geary, 24 Divisadero, 31 Balboa, Shuttle service available between different buildings and campuses within the medical center. Contact the Transportation Department at 202-3775 for more information about transportation services and access
Funding:	Medicare and health plan membership dues

KIMOCHI, INC.
Japanese American Senior Services

1684 Post Street
San Francisco, CA 94115

Phone(s):

(415) 931-2294 Administration & Transportation
(415) 931-2275 Social Services, In-home Supportive Services
(415) 931-2287 Nutrition, Senior Center
(415) 563-5626 Volunteer Services
(415) 931-2299 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Steve Nakajo, Executive Director

Services:

A multiservice Senior Center provides a variety of services targeting Japanese seniors age 60 or over and their families. Programs include arts and crafts, music, exercise, nutrition education, congregate and home delivered meals, health education, case management, transportation, bilingual information and referral and blood pressure screening. Transportation is provided for recreational mini-trips, social services and doctor appointments. An Adult Social Day Care Program offers all or partial day supervised care including social, recreational and educational activities. The Kimochi Home provides residential and respite care for elderly persons who can no longer remain in their home.

Fees:	Vary according to income and service. $1.25 suggested donation for lunch. $.25 (a quarter) for transportation each way
Eligibility:	San Francisco resident, age 60 or over. For adult social day care, age 55 or over
Area Served:	San Francisco County, primarily Japantown, Western Addition, Marina, Richmond, Sunset districts
Application:	Walk in or apply by phone
Language:	Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 38 Geary, 3 Jackson, 2 Clement
Funding:	City, county, United Way, donations, fees

KOREAN CENTER, INC.

1362 Post Street (Gough)
San Francisco, CA 94109

Phone(s):

(415) 441-1881
(415) 885-4155 Fax

Days & Hours:

Mon. - Sat., 8:30-5

Person In Charge:

Youn-Cha S. Chey, PhD, Director

Services:

Offers job training, English as a Second Language, senior and youth programs, and individual and family counseling to low-income limited-English speaking persons. Job training includes English instruction and business skill development, such as typing, word processing, business machines and computer instruction in an intensive 18-week program. Youth programs include counseling, tutorial assistance, college preparation, job referrals, and summer vocational programs. A senior component provides translation and interpretation, lectures, arts and crafts, field trips, socialization, citizenship classes, video tape presentations, information and referral and a meal program. Maintains a Korean resource library and provides cross cultural programs.

Fees:	None for most services. Suggested lunch donation $1.25
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk in or apply by phone
Language:	Japanese, Korean, Russian, Spanish
Accessibility:	Wheelchair accessible ramp on ground floor
Transportation:	MUNI - 2 Clement, 3 Jackson, 4 Sutter, 38 Geary, Van Ness lines
Funding:	County, state, federal

LA CASA DE LAS MADRES

965 Mission Street, Suite 300
San Francisco, CA 94103

Phone(s):

(415) 333-1515 Crisis
(415) 777-1808 Business Center
Drop-in Center
(415) 923-0785 Teen Crisis Line

Days & Hours:

24 Hours daily
Mon. - Fri., 9-5 (Office)
Mon. - Fri., 10-1 (Drop-in)

Person In Charge:

Linda Wohlrabe, Executive Director

Services:

A refuge for women and their children who are being physically or emotionally abused, who are being threatened with abuse, or who are at risk of abuse. The shelter provides security, safety, food and clothing in a confidential location. Maximum stay is 8 weeks. Offers individual and group counseling, legal and financial advocacy and childcare. Also offers evaluation of children, recreational activities, and referrals for long-term services and follow-up. The Domestic Violence Counseling Center is a drop-in center that offers crisis intervention and options counseling as well as ongoing counseling and community support groups for battered women, including former residents. The Center also provides information and referral, food boxes and pantry and clothing.

Fees: None

Eligibility: Victims of domestic violence including physical, emotional, and sexual

Area Served: San Francisco, Bay Area, San Mateo Counties

Application: Shelter - Intake at 965 Mission St., drop-in, or phone for appt.

Language: Spanish; through use of Multi-Lingual Advocacy Model (MLAM) Program able to serve many languages

Accessibility: Wheelchair accessible

Transportation: (To drop-in center) - Mission St. lines, 26 Valencia, 27 Bryant. Metro/BART - Powell Street Station

Funding: Private donations, United Way Workplace Campaign, city (Marriage License Fees, Mayor's General Fund, Community Development Block Grant), state (Emergency Shelter Grant), Office of Criminal Justice Planning, Commission on the Status of Women

LA RAZA CENTRO LEGAL

474 Valencia Street, Suite 295
San Francisco, CA 94103

Phone(s):

(415) 575-3500
(415) 255-7593 Fax

Days & Hours:

Mon. - Fri., 9-12, 1-5

Person In Charge:

Ana Maria Loya, Executive Director
Linda Gonzalez, Senior Law Attorney

Services:

The first bilingual community law center in San Francisco's Mission District, Centro Legal provides legal assistance, counseling, direct representation and community education to low-income residents living in the Bay Area. Centro Legal provides service in immigration, citizenship, housing, employment matters as well as senior and youth law. La Raza provides free legal assistance to seniors in the areas of public benefits, housing-landlord/tenant, immigration, consumer fraud, and estate planning. In addition to conducting a weekly clinic for senior citizens in our office, La Raza also provides advice and counsel at five senior centers in San Francisco's Mission and outer Mission District.

Fees:	Donation requested. Services free to clients over 60 years of age
Eligibility:	Must be a senior, receive services in San Francisco, and low to moderate income
Area Served:	San Francisco and Bay Area
Application:	Walk in or phone for appointment
Language:	Spanish
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI - 49 Mission/City College, 14 Mission, 26 Valencia, 22 Fillmore, BART - 16th Street Station
Funding:	Grants, donations, Commission on the Aging, CDBG, Department of Justice

LA RAZA INFORMATION CENTER, INC.

474 Valencia Street, Suite 100
San Francisco, CA 94103

Phone(s):

(415) 863-0764
(415) 863-1690 Fax

Days & Hours:

Mon. - Fri., 9-12, 1-4

Person In Charge:

Melba Maldonado, Executive Director

Services:

Provides information and referral services for Spanish-speaking people in nine Bay Area counties. Social worker on staff to help families in need, domestic violence intervention, referrals to youth, elderly programs and family services. Emergency Food Box program, free income tax preparation service. Sliding scale/low cost service for translations, and filling out immigration forms.

Fees:	Donations requested for immigration forms, translations and notarization services
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties
Application:	Walk in
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Mission Street lines, 22 Fillmore, 26 Valencia. BART - 16th Street Station
Funding:	Grants, donations, fees

LEGAL ASSISTANCE TO THE ELDERLY, INC.

Health Insurance Counseling And Advocacy

1453 Mission St., 5th Flr (10th St.)
San Francisco, CA 94103

Phone(s):

(415) 861-4444

Days & Hours:

Mon. - Fri.
9-12, 1-5

Person In Charge:

Howard Levy, Director
Corinne Parker, HICAP Program Manager

Services:

Provides legal assistance to seniors including, but not limited to, those with low incomes. Helps with Medicare, Medi-Cal, Social Security, tenant problems, physical abuse, financial abuse, residential care, nursing homes, consumer and debt collection issues. Home, hospital, and nursing home visits are made by appointment. Criminal, immigration, dissolution, separation, probate, bankruptcy and fee generating cases are referred. The Health Insurance Counseling and Advocacy Project (HICAP) utilizes state registered volunteer counselors to provide information, counseling and advocacy to seniors and disabled Medicare recipients and their families regarding Medicare, supplemental health insurance, HMOs and long-term care options. Assists with understanding and evaluating Medicare and supplemental health insurance coverage and filing claims. Advocates for individuals to receive entitled benefits. Home visits are available.

Fees:	None
Eligibility:	Legal Services: San Francisco resident age 60 or over. HICAP program: San Francisco resident age 65 or over or disabled Medicare recipient
Area Served:	San Francisco County
Application:	Apply by phone for appointment or referral
Language:	Chinese (Cantonese, Mandarin), German, Spanish, Russian
Accessibility:	Ramp, wheelchair accessible/restroom
Transportation:	MUNI - Mission Street, Van Ness lines. MUNI - Metro Van Ness Station. BART - Civic Center Station
Funding:	City (Commission on the Aging), State of California (Department of Aging)

LIFEPLAN CENTER

5 Third Street, Suite 324
San Francisco, CA 94103

Phone(s):

(415) 546-4499
(415) 777-1396 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Ann Eichhorn, Executive Director

Services:

Our focus is people over age 50 who are experiencing changes in their personal and/or professional lives. Program components include individual mentoring, peer support groups, peer guides, a JobsLink hotline, workshops, seminars and referrals, all designed to help our clients confront their new realities and regain a healthy, creative and pro-active sense of self. Publications: a monthly event calendar and a bi-annual newsletter.

Fees:	$70 annual membership; workshop fees vary (some are free to members)
Eligibility:	50 and up
Area Served:	Bay Area
Application:	Apply by phone
Language:	Spanish
Accessibility:	N/A
Transportation:	Close to all public transportation
Funding:	Individual donations, corporate contributions, foundation grants, special events, membership and workshop fees

LITTLE BROTHERS - FRIENDS OF THE ELDERLY

1150 Bush Street, 3rd Flr.
San Francisco, CA 94109

Phone(s):

(415) 771-7957

Days & Hours:

Mon. - Fri., 9-5
Sat., 10-2

Person In Charge:

David Knego, Director
Ione Ishii, Coordinator

Services:

A volunteer-based organization providing outreach, advocacy, and companionship to isolated elders in San Francisco. By visiting, socializing, and helping with household tasks, volunteers strive to meet the elders' emotional needs, thereby helping them to remain independent. Little Brothers also sponsors holiday events where volunteers deliver gift packages and visit. The events include: Thanksgiving, Christmas, and Valentine's Day.

Fees:	None
Eligibility:	Isolated senior age 60 or over
Area Served:	San Francisco, Northern San Mateo County
Application:	Apply by phone or mail
Language:	Tagalog, Russian, Cantonese, Mandarin
Accessibility:	N/A
Transportation:	Not necessary for service
Funding:	Grants, donations

LUTHERAN CARE FOR THE AGING

1031 Franklin Street (O'Farrell)
San Francisco, CA 94109

Phone(s):

(415) 441-7777

Days & Hours:

Mon. - Fri., 9-1

Person In Charge:

Shirley Bryant, Office Manager
Ed Friedemann, Board President

Services:

Provides limited information about services enabling the aged to remain as independent as possible. A very small emergency fund can provide limited financial assistance with rent, move-in costs and housing related need for low-income seniors age 62 or over.

Fees:	None
Eligibility:	None for information pertaining to the elderly. For rent subsidies client must be low income, age 62 or over
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara Counties, statewide
Application:	Contact by social worker only
Language:	None
Accessibility:	Not necessary for service
Transportation:	MUNI - 38 Geary, Van Ness lines
Funding:	Donations

MARTIN DE PORRES HOUSE

225 Potrero Avenue (16th Street)
San Francisco, CA 94103

Phone(s):

(415) 552-0240

Days & Hours:

Mon., Tues., Thurs., Fri.,
6-7:30 (Breakfast)
Tues. - Sat., 12-3pm (Lunch)
Sun., 9-10:30 (Brunch)

Person In Charge:

Barbara Collier, Director

Services:

Provides free meals to anybody who wants them. Breakfast is served Monday, Tuesday, Thursday and Friday from 6:00 - 7:30 am. Lunch is served Tuesday through Saturday, 12 noon - 3:00 pm. Brunch is served Sunday, 9:00 - 10:30 am. Offers free showers with soap and towel two days per week. The days are Tuesday and Thursday 9 - 11 am on first come first serve basis.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 47 Van Ness, 22 Fillmore, 9 San Bruno, 33 Stanyan
Funding:	Donations

MEALS ON WHEELS OF SAN FRANCISCO, INC.

1375 Fairfax Avenue
San Francisco, CA 94124

Phone(s):

(415) 920-1111
(415) 920-1110 Fax

Days & Hours:

Mon. - Fri., 8:30-4:30

Person In Charge:

Richard Lipner, Executive Director

Services:

Home-delivered meals for homebound, mobility-impaired seniors, age 60 or older. Two meals per day for 365 days per year are provided for all clients citywide on a pre-arranged schedule. Meals are delivered hot, chilled, or frozen according to individual client needs. Diabetic, low sodium, or mechanical soft food plans are also available according to need. Nutrition counseling, social work assessment, and volunteer services can be provided.

Fees:	Suggested donation $5.00 per day for 2 meals
Eligibility:	San Francisco resident, age 60 or older, homebound/disabled
Area Served:	San Francisco City & County
Application:	Apply by phone
Language:	Some drivers speak Spanish, Cantonese, and Arabic. Office staff speaks Spanish, Korean, and German
Accessibility:	Not applicable
Transportation:	Not necessary for service
Funding:	City (Commission on the Aging), Federal (USDA), grants, private donations

MEALS ON WHEELS OF SAN FRANCISCO, INC.

St. Francis Meal Service

432 Mason Street
San Francisco, CA 94102

Phone(s):
(415) 392-7463

Days & Hours:
Mon. - Fri., 8-3 (Office)

Person In Charge:
Estela B. Abria, Program Coordinator

Services:
A senior program which provides health, blood pressure and daily exercise, recreational activities, arts and crafts classes, information and referral, and supportive services. Also provides nutrition education and a hot nutritionally balanced lunch, Monday - Friday, 11:30 - 12:30.

Fees:	$1 donation suggested
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Tenderloin District
Application:	Walk in
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 2 Clement, 3 Jackson, 4 Sutter
Funding:	City (Commission on the Aging), federal

MIDPENNINSULA HOSPICE SERVICES

1199 Bush Street, Suite 200
San Francisco, CA 94109

Mountain View Office:
201 San Antonio Circle, Suite 135
Mountain View, CA 94040

Phone(s):

(415) 567-3973
(415) 292-7696 Fax
(650) 948-4252 Mountain View Office
(650) 949-3495 Fax
(888) 755-7855 - Referral

Days & Hours:

Mon. - Fri., 8:30-5 (Office)
24 hour Medical Staff
7 days a week

Person In Charge:

Tim Bowen, Director of Hospice Services
Mary Dias, Patient Care Coordinator

Services:

Offers End-Of-Life services for anyone who has been diagnosed with less than 6 months to live. Our purpose is to help patients achieve their goals. Care is provided in any safe home setting. A Do-Not-Resuscitate order is NOT required. A 24 hour caregiver living in the home is NOT required.

Fees:	No co-payments, no share of cost, no deductibles. Accepted Payer sources: Medicare, Medi-Cal, Private Insurance, or no Payer source at all. No one is turned away for lack of funds
Eligibility:	Prognosis of 6 months or less if the disease follows its normal and expected course
Area Served:	San Francisco, San Mateo, Santa Clara and Alameda Counties
Application:	Anyone may request services, however, services are only provided upon the order of a physician
Language:	English, Russian, Hebrew, Ukrainian. Others by arrangement
Accessibility:	Not an issue related to care
Transportation:	San Francisco Office - MUNI 27 Bryant
Funding:	Medicare, Medi-Cal, private insurance, donations, grants

MISSION COUNCIL ON ALCOHOL ABUSE FOR THE SPANISH SPEAKING

820 Valencia Street (19th Street)
San Francisco, CA 94110

Phone(s):

(415) 826-6767 Counseling Services
(415) 826-6774 Fax

Days & Hours:

Mon.-Fri., 9am - 9pm

Person In Charge:

Leonard Chavez-Smith, Executive Director

Services:

Provides culturally specific services for substance abusers in San Francisco's Mission District. Services provided are as follows: assessments, outpatient counseling for families and individuals. Individual sessions and groups, education, consultation; a domestic violence group for men and an SB-38 Multiple Offender Drinking Driver Program. MCAASS also provides Intensive Day Treatment Counseling for adult Latinos.

Fees:	Vary according to income
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or phone for an appointment
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 33 Stanyan, 26 Valencia, Mission Street lines, BART - 16th Street Station
Funding:	City, county (Division of Alcohol Programs), client fees

MISSION NEIGHBORHOOD CENTERS, INC.

362 Capp Street (18th Street)
San Francisco, CA 94110

Phone(s):	**Days & Hours:**
(415) 206-7747 Administration	Mon. - Fri., 9-5
(415) 206-7750 Capp Street Senior Svcs	Mon. - Fri., 8:30-4:30

Person In Charge:

Santiago Ruiz, Executive Director
Mary Lou Rodriguez, Senior Services Coordinator

Services:

Multi social service centers offering services to preschool children, youth, seniors, families, and groups in the San Francisco Mission District. Capp Street Senior Center encourages seniors (60+) to enjoy their golden years through the provision of community and social services. These services include hot meals, legal aid, in-home supportive services, health screenings and services for the developmentally delayed. Social activities provided include weekend, evening events, and transportation for day field trips. Stimulated are a variety of discussions in the area of nutrition, and a weekly communication hour. A monthly round table discussion surfaces concerns and services the seniors would like to see implemented. If the center is unable to meet needs, it will help connect the person with an appropriate agency or program.

Fees:	Donations are requested
Eligibility:	60 years of age or over
Area Served:	San Francisco County, primarily the Mission District
Application:	Walk in or apply by phone
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Mission Street lines, 33 Stanyan. BART - 16th Street Station
Funding:	Donations, federal, city (Commission on the Aging and Office of Community Development)

MISSION NEIGHBORHOOD HEALTH CENTER

240 Shotwell (16th Street)
San Francisco, CA 94110

Phone(s):

(415) 552-3870
(415) 431-3178 Fax

Days & Hours:

Mon. - Thurs., 8-5
Fri., 9:30-4:30
Physician on call 24 hours
HIV Services:
Mon. - Thurs., 5:30-9:30 pm
Fri., 1:30-6 pm

Person In Charge:

Gladys Sandlin, Executive Director
Antonia Sacchetti, MD, Medical Director

Services:

Provides comprehensive outpatient medical services including Adult Medicine, Seniors, Allergy and Dermatology, Family Planning, Teen Clinic, Maternal and Infant Care, Obstetrics - Gynecology, Orthopedics, and Pediatrics. Senior Services include Geriatrician, coordination of access through Centro Latino, referrals for case management or referrals for mental health. Laboratory, Pharmacy and X-ray facilities located on site. La Clinica Esperanza (Clinic of Hope) offers psychosocial and medical services to persons who test positive for the AIDS virus. Services include health education and access to clinical trials.

Fees: Nominal fee. Sliding scale fee. Additional fees vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Verification of income and address to qualify for low fees

Area Served: San Francisco County, primarily the Mission District

Application: Registration is necessary. For sliding scale bring proof of income and current address. Medi-Cal, Medicare or private insurance name and policy number must be brought to appointment

Language: Spanish, Chinese (Cantonese), Filipino (Tagalog), French, German, Portuguese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 22 Fillmore, 41 Union, 47 Van Ness, Mission Street lines. BART - 16th Street Station. Transportation can be arranged for elderly or disabled clinic patients (emergencies)

Funding: City, county, state, federal, donations, fees

MOBILE ASSISTANCE PATROL (MAP)

1446 Market Street
San Francisco, CA 94102

Phone(s):

(415) 431-7400
(415) 241-1189
(415) 553-3939 Fax

Days & Hours:

Person In Charge:

Jerry McIver, Director

Services:

Provides van pick-up and transportation of public inebriates to appropriate detoxification facilities or hospitals. Clients must be ambulatory and willing to receive service. Outreach to chronic homeless and transport of Multi-Service Centers' homeless clients.

Fees:	None
Eligibility:	Anyone who is intoxicated, must be ambulatory and willing to receive service. Homeless people in need of assistance and clients referred by the Multi-Service Centers
Area Served:	San Francisco County
Application:	Apply by phone or patrols pick up persons on the streets who appear to be intoxicated and/or in need of homeless services
Language:	Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	City, county

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED
West Coast Branch

3201 Balboa (33rd Avenue)
San Francisco, CA 94121

Phone(s):

(415) 221-3201
(415) 221-8754 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Jeannine Louise, West Coast Program Director

Services:

Provides public education, information and referral and support for partially-sighted individuals. Carries a diverse and comprehensive selection of visual aids and offers counsel in use and care of these low vision devices. Offers educational and recreational activities including self-help groups for partially sighted adults age 55 and over. Provides in-service training to health care professionals. Maintains a large print lending library and distributes large print books nationwide.

Fees:	Vary according to income
Eligibility:	No requirements
Area Served:	Local, state, and western region of U.S.
Application:	Apply by phone, by mail
Language:	Spanish, Russian, Hebrew
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa, 38 Geary (Ocean Beach)
Funding:	Donations, grants, special events, memberships

NATIONAL COUNCIL ON THE AGING, INC.
Senior Community Service Employment Program (SCSEP)

870 Market Street, Suite 785
San Francisco, CA 94102

Phone(s):

(415) 982-7007
(415) 982-0528 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Nicholas L. de Lorenzo, Project Director

Services:

Provides intensive training program for San Francisco residents. Applicants are screened, skills inventory and individual development plans created in cooperation with enrollees. Participants are assigned to training sites which are community service organizations able to provide on-the-job training. Participants are counseled and closely monitored in their efforts to learn and apply new job skills. Program participants receive the Federal Minimum Wage of $5.75 per hour for a twenty-hour week of training and on-the-job experience.

Fees:	None
Eligibility:	Low income San Francisco residents, age 55 and above. Enrollees must be US citizens or have legal resident status. Free medical offered
Area Served:	San Francisco City/County
Application:	Phone for appointment
Language:	Spanish, Chinese, German, Russian, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - (any Market Street line), BART
Funding:	Federal from U.S. Department of Labor, via The National Council on the Aging, Inc.

NATIONAL EYE CARE PROJECT

P.O. Box 429098
San Francisco, CA 94142-9098

Phone(s):
(800)222-3937 (Eyes)

Days & Hours:
Mon. - Fri., 8-4 PST

Person In Charge:
Gail Nyman-York, Manager
B. Thomas Hutchinson, MD, Chairman

Services:

Senior citizens age 65 or over who do not have an ophthalmologist can be referred to a volunteer ophthalmologist (emphasis will be placed on low-income seniors). Eligible callers will be mailed the name of an ophthalmologist participating near their home. The patient calls the doctor and will get a comprehensive eye examination and treatment for conditions or diseases, if necessary. If a patient has Medicare or other health insurance this pays the cost (if a patient has neither, there is no cost - must not belong to an HMO). Glasses, prescription drugs, hospital services and other medical services are not included in the program. Literature on eye diseases or procedures made available to the general public.

Fees: Medicare, private health insurances. Physicians accept insurance reimbursement as payment in full. No one turned away.

Eligibility: Age 65 or over, U.S. citizen or legal resident, no access to an ophthalmologist and have financial need. Those who are enrolled in a prepaid healthcare plan (HMO) or obtain care through a Government care facility (armed forces or VA Hospital) are not eligible

Area Served: San Francisco, Bay Area Counties, and nationwide

Application: Apply by phone. (Referral letter is mailed approximately one week after call to Helpline

Language: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Foundation of the American Academy of Ophthalmology and The Knights Templar Eye Foundation, Inc., State Ophthamological Societies, Corporations, and Ophthalmologists

NATIONAL MULTIPLE SCLEROSIS SOCIETY
Northern California Chapter

150 Grand Avenue
Oakland, CA 94612

Phone(s):

(510) 268-0572
(800) 344-4867

Days & Hours:

Mon. - Fri., 8:30-5
24 hour answering machine

Person In Charge:

Julie Thomas, Chapter President

Services:

Provides services for persons with multiple sclerosis, their families and the community, including counseling, educational seminars and discussion groups. Phone for information about local support groups. Staff also makes referrals to doctors, therapists and other agencies and rehabilitation facilities. Lends equipment to clients when prescribed by a physician and provides equipment purchase assistance based on financial need. Trained volunteer peer counselors are available to talk to people with "MS", family members and friends. Educates the public and health professionals about "MS" and supports research. Offers home respite care services by application. Printed and audio educational material is available on request. Supports a lending library and provides information and referral services. Provides benefits information and legislative advocacy.

Fees: None, annual membership dues $20 per year. Complimentary memberships available for persons with multiple sclerosis

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties, Napa, Monterey, Del Norte, Humboldt, Mendocino, Lake, San Benito, Santa Cruz, Trinity, Solano, and Sonoma

Application: Walk in or apply by phone or mail

Language: None

Accessibility: Special parking, wheelchair accessible/restroom

Transportation: AC Transit stops within 2 blocks; BART - 19th Street Station

Funding: Donations, fundraising, memorials, bequests

NATIVE AMERICAN HEALTH CENTER

Urban Indian Health Board, Inc.

56 Julian Avenue (15th Street)
San Francisco, CA 94103

Phone(s):

(415) 621-8051 Medical
(415) 621-8056 Dental
(510) 261-0524 Administration

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

John Pakula, Medical Director
Genevieve Beuhler, RN Nurse Mgr. (Medical Dept.)
Bertha Jackson, Dental Coordinator

Services:

Outpatient medical clinic providing family planning, immunizations, screening and treatment of sexually transmitted diseases, women's health care, well child visits, and a Women, Infants and Children (WIC) nutrition program. Dental clinic also on site.

Fees:	Sliding Scale, Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Call for an appointment
Language:	None
Accessibility:	Ramp wheelchair accessible/restrooms
Transportation:	MUNI - 14 Mission, 22 Fillmore, 26 Valencia, 33 Stanyan, 49 City College, 53 Southern Heights, BART - 16th Street Station
Funding:	Federal, State, United Way, donations

NEW LEAF SERVICES
Gay and Lesbian Outreach To Elders (G.L.O.E.)

1853 Market Street (Mailing Address)
San Francisco, CA 94103

1874 Market Street (GLOE Site Loc.)

Phone(s):

(415) 626-7000 Central Office
(415) 255-2937 exts. 306, 307, 308
(415) 626-5916 Fax

Days & Hours:

Mon. - Fri., 10-5

Person In Charge:

George Roosen, Men's Program Coordinator
Joyce Pierson, Women's Program Coordinator
Ruth Morales, Social Worker

Services:

Offers gay, lesbian, bisexual and transgender seniors access and advocacy within the local aging service provider network. Creates alternative family network with other seniors and volunteers. Provides visits to the homebound and/or institutionalized persons; support groups (gender-specific), information and referral, counseling for long-term-care services, educational workshops, senior activity groups, regular social and recreational events. Speakers' Bureau informs senior service providers about lesbian, gay, bisexual and transgender aging concerns and needs. Provides community awareness of GLOE throughout the gay communities. Monthly newsletter. Volunteerism.

Fees: None

Eligibility: San Francisco resident age 60 or over

Area Served: San Francisco County

Application: Walk in, apply by phone

Language: Chinese (Mandarin), Vietnamese, Portuguese, French, German, Spanish, Amer. Sign Lang., Hebrew, Italian

Accessibility: Ground level entrance, buzzer for assistance with wheelchairs, (2) wheelchair accessible restrooms

Transportation: MUNI - F Line, BART

Funding: Federal, private donors, donations

NIHONMACHI LEGAL OUTREACH

1188 Franklin Street, Suite 202
San Francisco, CA 94109

Phone(s):
(415) 567-6255

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Dean Ito Taylor, Director

Services:
Provides legal services including advice, representation, research, litigation and referrals in areas of wills and trusts, elder abuse, public benefits including SSI and Medi-Cal, family law, immigration including relative visa petitions and naturalization assistance, consumer problems and domestic violence to Asian Pacific community. Offers pamphlets and workshops for community legal education.

Fees:	Vary according to income
Eligibility:	Primarily Asian or Pacific Islander
Area Served:	San Francisco County
Application:	Apply by phone. Appointment and intake interview necessary
Language:	Chinese (Cantonese, Mandarin), Japanese, Vietnamese, Tagalog, Korean and Thai (by arrangement)
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - 4 Sutter, 2 Clement, 1 California, Van Ness lines - 42,47,49
Funding:	Donations, fees, grants, county

NORTH AND SOUTH OF MARKET ADULT DAY HEALTH CENTERS

55 Mabini Street
San Francisco, CA 94107

Second Address:
230 Jones Street
San Francisco, CA 94102

Phone(s):

(415) 882-7301 Mabini Street
(415) 923-9085 Jones Street

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Elizabeth Boardman, Director

Services:

Multidisciplinary Adult Day Health Centers which provide comprehensive services to frail elderly enabling them to remain at home as long as possible. Services include rehabilitation services, nursing and personal care services, van transportation to and from the centers, social and recreational activities and a hot noon meal.

Fees: Vary according to income, Medi-Cal accepted

Eligibility: Age 18 or over, handicapped or frail elderly at risk of being placed in an institution, resident of area served

Area Served: North - Eastern segment of San Francisco County: Chinatown, North Beach, Tenderloin and South of Market, Boundaries are Van Ness Avenue, South of Market: Market West to Castro, Seventeenth east to Embarcadero, and Embarcadero to Van Ness

Application: Apply by phone. Appointment necessary, Social worker will make home visit if required

Language: Chinese, Filipino (Tagalog), Korean, Vietnamese, Russian, Spanish

Accessibility: Wheelchair accessible ramp, restroom

Transportation: Van transportation provided

Funding: Donations, city, county

NORTH OF MARKET SENIOR SERVICES

333 Turk Street (Hyde)
San Francisco, CA 94102

Phone(s):
(415) 885-2274

Days & Hours:
Mon. - Fri., 9-5

Person In Charge:
Gloria Valoris, Executive Director
Gay Kaplan, Center Director

Services:
Provides primary care medical services, case management, discharge planning and medical follow-up for Tenderloin and South of Market seniors age 55 or over. Provides blood pressure and glaucoma screening, podiatry clinic, and home visits to homebound. Alcohol counseling, a sober social center, and women's outreach and activities program are part of the alcohol treatment offered. Specialized services are available for homeless elders, frail elders, Chinese-Vietnamese, Cambodians, Laotians, and gay and lesbian elders. Luncheon served daily. Offers recreational activities and a social day care program, which provides citizenship, English, health and nutrition classes, exercise and group activities for special populations.

Fees: Vary according to income, Medi-Cal, Medicare assignment accepted for health care services. No one turned away for inability to pay

Eligibility: Age 55 or over for alcohol and homeless program. Age 60 or over for other services

Area Served: San Francisco County, primarily the Tenderloin District (from Bush to Market and Powell to Van Ness), South of Market and Potrero Hill

Application: Apply by phone

Language: Cambodian, Chinese (Cantonese), Filipino (Tagalog), Laotian, Spanish, Vietnamese, Russian

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 31 Balboa, Market Street lines

Funding: City, donations, fundraising

NORTHEAST MEDICAL SERVICES (NEMS)

1520 Stockton (Columbus)
San Francisco, CA 94133

Phone(s):

(415) 391-9686

Days & Hours:

Mon. - Fri., 8:30-5
Sat., 9-4
24 hour answering service

Person In Charge:

Sophie Wong, Executive Director

Services:

A family oriented outpatient health care facility which provides primary physician care, specialty physician care, nursing, optometry, podiatry, acupuncture, nutrition, health education, social services and dental care. Lab, X-ray and a pharmacy are on site.

Fees: Vary according to income, Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County and Bay Area

Application: Call for appointment

Language: Chinese (Cantonese, Mandarin), Vietnamese

Accessibility: Special parking wheelchair accessible ramp, Braille in elevator

Transportation: MUNI - 15 Third, 30 Stockton, 41 Union, 45 Greenwich, 39 Coit

Funding: Fees, state, federal

NORTHERN CALIFORNIA COUNCIL FOR THE COMMUNITY, INC. (NCCC)

50 California Street, Suite 200
San Francisco, CA 94111-4696

Phone(s):
(415) 772-4430
(415) 391-9929 Fax

Days & Hours:
Mon. - Fri., 8-5

Person In Charge:
Ed Schoenberger, President
Mary Suloway, Executive Vice President

Services:
Provides community building and problem-solving assistance including innovative program development and community analysis to Northern California communities, policy-makers, funders, organizations and individuals. Actively involved in systems redesign and supporting the principles of successful programs and measuring outcomes. NCCC is a member of the National Association of Planning Councils (NAPC) and is secretariat for the Bay Area Partnership. NCCC operates HELPLINK the Bay Area's comprehensive information and referral service.

Fees:	None
Eligibility:	None
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties
Application:	Apply by mail
Language:	None
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI Metro/BART - Embarcadero Station, MUNI - 1 California, Market Street Lines, California Cable Car
Funding:	United Way, donations, grants

NORTHERN CALIFORNIA COUNCIL FOR THE COMMUNITY, INC. (NCCC)
Information and Referral Service
HelpLink

50 California Street, #200
San Francisco, CA 94111

Phone(s):
(415) 772-HELP (4357)
or
(800) 273-6222
(415) 772-4440 TDD
(415) 772-4444 Spanish
(415) 772-7375 Administration
(415) 391-8302 Fax

Days & Hours:
Mon. - Fri., 8-5
Answering service after hours

Person In Charge:
Nancy Kimura, Director

Services:

Provides a free, confidential and comprehensive, regional information and referral service to anyone needing information about nonprofit health and human services in the Bay Area. Following a thorough assessment, referrals are given and follow-up calls are made to determine if services were received. Offers a Homelessness Prevention Program, for nine Bay Area counties, designed to link low-income individuals with available services ranging from rental assistance programs to emergency food. Also offers the Self-Help program which introduce individuals to regional support and self-help groups. La Linea (415) 772-4444 provides information and referral services to Spanish-speaking individuals. Welcomes information requests from other agencies, doctors, schools, social workers and corporations.

Maintains the 'BRAIN' database that includes regional, comprehensive, information on nonprofit health and human services. Collaborates with other Information & Referral providers throughout the Bay Area to have the most up-to-date information for the six Bay Area counties. BRAIN is available to service providers, corporations and the community on diskette.

Publishes a variety of resource guides including; 'You're Not Alone', a self-help homelessness prevention resource guide, designed to assist people living on a limited income; 'Help for Hard Times', a regional resource guide for people anticipating a layoff; the San Francisco Social Service Referral Directory (SSRD); the Marin County Directory of Human Services (in collaboration with Marin Child Abuse Prevention Council) and other customized directories, resource lists and mailing labels.

Fees: None for information and referral. Fees for other services vary according to service

NORTHERN CALIFORNIA COUNCIL FOR THE COMMUNITY, INC. (NCCC) (continued)
Information and Referral Service
HelpLink

Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties
Application:	Apply by phone
Language:	Japanese, Spanish, Cantonese
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - Metro/BART - Embarcadero Station, MUNI – 1 California, Market Street Lines, California Cable Car
Funding:	United Way, donations, grants

NORTHERN CALIFORNIA PRESBYTERIAN HOMES AND SERVICES

Retired Senior Volunteer Program (RSVP)

1125 Quintara (20th Avenue)
San Francisco, CA 94116-1228

Phone(s):

(415) 731-3335
(415) 731-3337 Fax

Days & Hours:

Mon. - Fri., 8:30-4:30

Person In Charge:

Maureen McGuinness, Director

Services:

A resource center for seniors assisting them in locating volunteer opportunities. RSVP serves as a liaison between the senior and the agency. Attempts are made to place volunteers within his or her own neighborhood. Provides volunteer recognition activities, educational meetings and a bi-monthly newsletter.

Fees:	None
Eligibility:	Age 55 or over
Area Served:	San Francisco County
Application:	Apply by phone or in person. Appointment necessary
Language:	Spanish, Cantonese, Mandarin (by appointment)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 48 Quintara, 28 Nineteenth Avenue, 66 Quintara
Funding:	Corporation for National Service, city (Commission on the Aging), grants, donations

NORTHERN CALIFORNIA PRESBYTERIAN HOMES AND SERVICES

Services For Seniors, Inc.

1525 Post Street
San Francisco, CA 94109

Phone(s):

(415) 202-7829
(415) 759-3760 HomeShare Program
(415) 731-3335 RSVP - Retired Senior Volunteer Program

Days & Hours:

Mon. - Fri., 8-4:30

Person In Charge:

Ramona Davies, Director of Community Service
Tania Gregory, HomeShare Coordinator
Maureen McGuinness, RSVP Director

Services:

Provides senior residences with hot meals and cold lunches. Also, offers social services in housing settings on a contractual basis. HomeShare Program recruits applicants with housing available and applicants that need housing and works with them on how to interview, check references and make rental agreements. HomeShare's emphasis is on serving older persons. RSVP recruits, trains and matches volunteers with nonprofit service providers. Offers volunteers opportunities to enhance their quality of life through meaningful activities.

Fees:	Meal fees, although all meals are subsidized
Eligibility:	Meals and social services for low-income senior or disabled adult living in area served. HomeShare available for any older adult or person who wants to reside with an older adult. RSVP available to anyone over age 55
Area Served:	San Francisco County
Application:	By phone
Language:	Spanish, Russian, (by arrangement) Chinese
Accessibility:	Ramp wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary, Van Ness lines
Funding:	COA, Corporation for National Service, fees, donations, grants

OLDER WOMEN'S LEAGUE (OWL)
San Francisco Chapter

870 Market Street, Room 547
San Francisco, CA 94102

Phone(s):

(415) 989-4422
(415) 989-4050 Fax

Days & Hours:

Mon., Wed., & Fri., 9:30-1:30

Person In Charge:

Micheline Maccario, MD, President

Services:

A national membership organization addressing the special concerns of midlife and older women. OWL works forcefully to provide mutual support for its members, to achieve economic and social equity for it's constituents and to improve the image and status of older women. The local chapter has monthly meetings and committees which enable every member to take an active role in it's affairs. Meetings are held on the 4th Saturday of the month from 10-12. Holds special events such as Wonderful Older Woman, honoring local women of achievement and influence, held annually. Other conferences, workshops and special events are held throughout the year.

Fees:	$20 annual membership, National OWL $10 annual membership, San Francisco OWL $10, total - $40
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone or by mail
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines. Metro/BART - Powell Street Station
Funding:	Donations, grants

ON LOK DAY SERVICES
30th Street Senior Services

225 - 30th Street (Dolores)
San Francisco, CA 94131

Phone(s):

(415) 550-2210 Case Management
(415) 550-2210 Senior Center
(415) 550-2225 Home Meals
(415) 647-6332 TDD

Days & Hours:

Mon. - Sat., 8:30-5
(Senior Center & Nutrition Program)

Person In Charge:

Valorie Villela, Director

Services:

A bilingual multi-service center for seniors age 60 or over and their spouses. Services include a pool room, library, bingo, dances, adult education, quilting, recreation, exercise, field trips, ESL, nationalization services and health education. The Nutrition Program serves lunch Monday through Saturday at the Center as well as at several other sites throughout the city. The Home Delivered Meals program delivers meals to homebound seniors unable to come to the center Monday through Saturday and provides a frozen meal for Sunday. Therapeutic home delivered meals are available to homebound seniors who have a doctor's written prescription and who reside in our service area.

Fees:	$1.25 donation requested for congregate meals $1.50 donation for home delivered meals
Eligibility:	Seniors age 60 or over and their spouses
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Spanish
Accessibility:	Wheelchair accessible ramp/restroom
Transportation:	MUNI - 14 Mission, 24 Divisadero, MUNI Metro - J Church
Funding:	City (Community on the Aging), donations, grants

ON LOK SENIOR HEALTH SERVICES
On Lok SeniorHealth

1333 Bush Street
San Francisco, CA 94109

Phone(s):

(415) 292-8888 Administration
(888) 88-ON-LOK Enrollment Information
(415) 292-8745 Fax

Days & Hours:

Mon. - Sun., 8-4:30
24 hours daily
On call physician available afterhours

Person In Charge:

Jennie Chin Hansen, Executive Director
Kate O'Malley, Director

Services:

Full-service health plan that provides medical and social services for frail elderly with multiple medical problems, physical disabilities or memory impairments. The program is designed to offer an alternative to nursing homes for those people who prefer to remain in their community. Following an assessment and after acceptance into the program, an interdisciplinary team provides all health and medical services including medical and nursing services, physical, occupational and speech therapy, in-home support, counseling, social and recreational services, transportation, meals and in some cases housing assistance. Services are provided in one of On Lok SeniorHealth's five licensed day health centers, the participants' homes, sheltered housing, participating hospitals or nursing homes. On Lok also operates an intergenerational program in conjunction with its child care development center at one of the day health centers.

Fees: Vary according to income, Medicare, Medi-Cal, private insurance accepted

Eligibility: Frail elderly, age 55 or over, resident of area served

Area Served: San Francisco

Application: Apply by phone. Appointment necessary

Language: Chinese, (Cantonese, Mandarin), Filipino (Tagalog), Italian, Spanish, Vietnamese, Korean

Accessibility: Wheelchair accessible/restroom, vans with wheelchair lifts, special parking, carry-chair service, interpreter for the deaf

Transportation: Transportation is included as part of the overall program

Funding: State, federal, fees, United Way

PATIENTS RIGHTS ADVOCACY SERVICES, INC. (PRAS)

2325 - 3rd Street, Suite 221
San Francisco, CA 94107

Phone(s):

(800) 729-PRAS
(415) 552-8100
(415) 552-8109 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Fancher Bennett-Larson, Executive Director

Services:

Provides advocacy and rights protection for mental health consumers in San Francisco. Advocates for the legal rights of patients/residents in public or private mental health or community care facilities. Advocates attempt to resolve consumer complaints, investigate complaints of abuse, neglect, and the withholding of rights. Monitor facilities and program for compliance with statutory, regulatory and decisional law, and provides training to consumers and providers regarding patients rights.

Fees:	None
Eligibility:	Mental health consumer in San Francisco
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Interpretive services arranged upon request
Accessibility:	Elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 22 Fillmore, 15 Third, 48 Quintara/24th Street
Funding:	County, grants, donations

PLANNING FOR ELDERS IN THE CENTRAL CITY (PECC)

1370 Mission St., 3rd Flr. (10th Street)
San Francisco, CA 94103

Phone(s):

(415) 703-0188
(415) 703-0186 Fax

Days & Hours:

Mon. - Fri., 9-5
24 hrs answering machine

Person In Charge:

Marie Jobling, Director
Julie Baron, Project Coordinator

Services:

A coalition of service providers, seniors and informal caregivers in the Tenderloin and South of Market areas. Works as a neighborhood problem solving coalition to identify and address the needs of frail seniors in the area served. Convenes the Health Task Force and the In-Home Supportive Services Task Force, and directs the Senior Survival School.

Fees:	None, but donations accepted
Eligibility:	No requirements
Area Served:	San Francisco County, especially the Tenderloin, South of Market and other low-income neighborhoods
Application:	Apply by phone
Language:	Spanish, Chinese and Russian (by arrangement)
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - Market Street lines, 26 Valencia, 14 Mission, 14L Mission Limited, 47 Van Ness. MUNI - Metro Van Ness Station. BART - Civic Center Station
Funding:	Commission on the Aging, Mayor's Office of Community Development, United Way, Contracts for services, foundation grants, donations, and direct mail

POTRERO HILL NEIGHBORHOOD HOUSE

953 De Haro Street (Southern Heights)
San Francisco, CA 94107

Phone(s):

(415) 826-8080

Days & Hours:

Mon. - Fri., 8:30-10 pm

Person In Charge:

Enola D. Maxwell, Director

Services:

A neighborhood community center providing a variety of social, cultural, educational, and recreational programs. Offers an Academy Boy's Club to help boys resist drugs and to provide college scholarships for eligible youth. Nutrition program serves noon meals, as well as offering bingo and other recreational activities for seniors. The social development program works with physically and mentally disabled adults. Services include socialization, recreation, and education. Operates a childcare preschool for children age 2-5. Offers after-school and summer youth program, including a Mayor's in-school employment program, a summer youth employment program, arts and crafts, artists in residency program and planned outings. Tutoring is available for students age 7-18. Offers space for community meetings, if available.

Fees:	Vary according to service, suggested donation for meals $1.25
Eligibility:	Referral from social service agency required for social development program. Youth employment, age 14-21; Seniors, age 55 or over. None for other services
Area Served:	San Francisco County, Potrero Hill District
Application:	Walk in or apply by phone
Language:	Italian, Spanish, Tagalog, Chinese
Accessibility:	Wheelchair accessible restroom, ramp
Transportation:	MUNI - 19 Polk, 53 Southern Heights
Funding:	City, county, state, United Way

PRESIDIO COMMUNITY YMCA
Richmond Site

360 - 18th Avenue (Geary)
San Francisco, CA 94121

Phone(s):

(415) 666-9622
(415) 668-3370 Fax

Days & Hours:

Mon. - Fri., 6am-9:30pm
Sat., 8-6
Sun., 9-5

Person In Charge:

Sue Steph, Executive Director
Jill Forge, Associate Exec. Director
Robyn Denise, Director of Active Older Adult

Services:

The Senior Center provides services and programs for adults aged 55 and older. Strong focus on health and fitness classes and programs designed for the active older adult, including aerobics classes, strength training, Tai Chi, yoga, and complete fitness facility (Nautilus, cardiovascular equipment, free-weights, sauna and hot tub). Other programs in the Seniors department are educational programs, arts and crafts classes, social activities, community services, volunteer opportunities, and trips and travel programs.

Fees:	$25 basic annual membership plus any program fees that may apply
Eligibility:	55 and over
Area Served:	Richmond, Marina, Cow Hollow, Japantown, Western Addition districts
Application:	Walk in
Language:	Limited Cantonese, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 2 Clement, 28 - 19th Avenue, 38 Geary
Funding:	Membership, donations, program fees

PREVENT BLINDNESS NORTHERN CALIFORNIA

4200 California St., Suite 10 (4th St.)
San Francisco, CA 94118

Phone(s):

(415) 387-0934
(415) 387-1689 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Peter Jamgochian, Director

Services:

Provides services to aid in the prevention of blindness. Among the services offered are a preschool vision program for children age 3-5, glaucoma screening, an eye safety program taught in schools and industrial and agricultural eye safety programs. Provides free publications on diabetes and vision, glaucoma, cataracts, the Aging Eye and a guide book 'Coping with Sight Loss in Northern California.' Home eye tests are available for adults and preschool age children to test their vision in their own homes. Films, audio cassettes and continuing education for eye care professionals are also offered. Maintains a speakers' bureau.

Fees:	None except for large quantities of publications and professional education courses
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties, Northern California
Application:	Apply by phone
Language:	Publications in Chinese (Cantonese) and Spanish
Accessibility:	Most programs are held at other sites - some are wheelchair accessible
Transportation:	MUNI - 1 California, 4 Sutter, 2 Clement
Funding:	Donations, grants

PRIVATE INDUSTRY COUNCIL OF SAN FRANCISCO, INC. (PIC)
Job Training Partnership Act (JTPA)

1650 Mission Street, #300
San Francisco, CA 94103

Phone(s):

(415) 431-8700 Office
(800) 735-2929 CRS California Relay Service
(415) 431-8702 Fax

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Steve Arcelona, President
Brenda Brown, Vice President, Operations
Raymond Holland, Vice President, Planning & MIS
Greg Marutani, Vice President Administration

Services:

Administers federal and state job training fund, operating the Job Training Partnership Act (JTPA) programs for displaced workers and low-income adults, youth and older workers, and manages additional employment programs for Refugees and Homeless individuals. Services include GED preparation, basic literacy skills assistance, job development, job counseling, and on-the-job training in a wide variety of occupational areas. Older Workers program provides job development, job counseling, job search training, and on-the-job training to low-income seniors, ages 55 or over. Job placement assistance and/or job retraining to persons displaced by plant closures or major layoffs, regardless of income. Refugee services include job referrals and placement, job training, counseling, career guidance, and on-the-job training for a wide range of occupations. As part of JTPA, operates the Summer Youth Employment and Training Program for low-income youth, ages 14-21 years. Manages the Jobs for Youth Employment collaborative which in cooperation with the Employment Development Department and the Youth Employment Coalition and with support from a variety of local private and public sector organizations, matches young jobs seekers, ages 14-24, with employer job orders. Contracts for services with community based organizations, private training institutions, employers and educational institutions. Administers the employment and training portion of the Welfare-to-Work program, which is coordinated with the City's Departmentof Human Services.

Fees: None

Eligibility: San Francisco resident (displaced workers may live elsewhere but must have been employed within San Francisco at the time of layoff). Low-income (except plant layoffs). No income criteria for Jobs For Youth

PRIVATE INDUSTRY COUNCIL OF SAN FRANCISCO, INC. (PIC) (continued)

Job Training Partnership Act (JTPA)

Area Served:	San Francisco City and County
Application:	Walk-in, information provided by phone
Language:	Arabic, Chinese, French, Russian, Samoan, Spanish and Tagalog
Accessibility:	Wheelchair accessible/restroom, elevators
Transportation:	MUNI - Market Street lines, Van Ness lines; BART - Civic Center Station
Funding:	Federal, state, donations

PROGRESS FOUNDATION
Geriatric Residential and Day Treatment Program
Seniors Program
Carroll House

1405 Guerrero Street (26th Street)
San Francisco, CA 94110

Phone(s):

(415) 821-0697 Program
(415) 861-0828 Central Office
(415) 861-0257 Central Office Fax
(415) 821-3568 Program Fax

Days & Hours:

24 Hours daily
Mon. - Fri., 9-4:30

Person In Charge:

Shirlee Ebert, Assistant Director

Services:

A residential program which provides a transitional program for adults age 55 or over with psychiatric or social adjustment problems. The program is a social rehabilitation model which promotes independent living skills with the goal of returning residents to the community. Residents are expected to participate in household chores, in-house meetings and activities. Maximum stay is six months. The day treatment program is also for persons age 55 or over and includes individual, family and group therapy, medication, socialization, and recreational activities, crisis intervention, home visits and case management.

Fees: Vary according to income

Eligibility: San Francisco resident, age 55 or over, with a psychiatric disability

Area Served: San Francisco County

Application: Referral from mental health geriatric team required. Self referral or referral from community agencies possible pending psychiatric consultation at Rypins House

Language: Spanish, Tagalog

Accessibility: Not wheelchair accessible at this time

Transportation: Van available for transportation to interview if needed

Funding: City, county (Division of Mental Health), state

PROGRESS FOUNDATION
Seniors Program
Rypins House
Carroll House

1405 Guerrero Street, (26th St.)
San Francisco, CA 94110

Phone(s):	Days & Hours:
(415) 861-0828 Administration	Mon. - Fri., 9-5
(415) 821-0697 Rypins & Carroll House	24 Hours daily
(415) 821-3568 Fax	

Person In Charge:

Shirlee Ebert, Assistant Director

Services:

A 24-hour transitional residence for seniors age 60 or over with psychiatric or social adjustment problems. Services include case management. This is a social rehabilitation model, and the goal is to return residents to the community at the highest level of functioning possible. Residents are expected to participate in household chores, in-house meetings and activities.

Fees:	Vary according to income
Eligibility:	San Francisco resident age 60 or over (younger with aging issues) with a psychiatric disability
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Spanish, Tagalog
Accessibility:	Not wheelchair accessible at this time
Transportation:	Van transportation arranged if necessary
Funding:	City, state

RAPHAEL HOUSE
Neighborhood Senior Association

1065 Sutter Street (Larkin)
San Francisco, CA 94109

Phone(s):
(415) 474-4621

Days & Hours:
Thurs., 1:30-4

Person In Charge:
Kathleen Conlogue, Senior Adovate
Kathleen Conlogue, Grandmother's Cupboard Hostess

Services:
Works with seniors who live in the Tenderloin or Central City by providing a weekly crafts workshop to benefit Raphael House. Provides volunteer and service opportunities for seniors.

Fees:	None
Eligibility:	Age 50 or over
Area Served:	San Francisco County, primarily the Tenderloin and Central City districts
Application:	Walk in or apply by phone
Language:	None
Accessibility:	Wheelchair accessible restroom
Transportation:	MUNI - 4 Sutter, 19 Polk, Van Ness lines
Funding:	Donations, grants

RCH, Inc.

207 Skyline Blvd
Front entrance on Herbst Road
San Francisco, CA 94132

Phone(s):

(415) 665-4100
(415) 665-7543 Fax

Days & Hours:

Mon. - Fri., 10-4
Respite by arrangement

Person In Charge:

Ronald L. Hamilton, Program Director

Services:

RCH provides year-round programs in recreation, education, vocational rehabilitation and respite care for seniors with physical, developmental and emotional disabilities. The 4-1/2 acre campus includes class rooms, a theater, gym, accessible garden, computer lab., weight room and a 95 degree heated pool. Meals are served daily. Opportunities for seniors: therapeutic swimming and participation in social recreation programs. Activities include storytelling, music, discussions, computer lab., exercise, cooking projects, gardening, arts and crafts, community outings and camping. Activities are designed to maintain social skills, community integration skills, physical functioning and leisure skills. The Center's weekend respite program accepts seniors who live with their families. Volunteer opportunities are available for seniors.

Fees:	Partial fees for non-funded clients
Eligibility:	Persons with physical, developmental or emotional disabilities who can function at a 1: 4 ratio
Area Served:	San Francisco, San Mateo & Marin Counties
Application:	By appointment
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 18 46th Ave., MUNI Metro L Taraval, RCH van transportation
Funding:	Golden Gate Regional Center, Community Mental Health & private fees

RENAISSANCE EXPERIENCE PLUS

995 Market Street, Suite 704
San Francisco, CA 94103

Phone(s):

(415) 546-7161
(415) 567-3490 Fax

Days & Hours:

Mon. - Fri., 9-4:30e

Person In Charge:

Relio E. Bunag, Executive Director

Services:

Provides occupational classroom training in Office Technology and Job Search Workshops for persons age 55 or over who are looking for employment in the clerical field. Classroom training is for 4 months, transportation is provided, and upon successful completion of training, placement assistance in the clerical field is provided, also sales, security, hotel - clerical jobs.

Fees:	None
Eligibility:	San Francisco resident age 55 or over. JTPA low-income eligible
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Filipino (Tagalog), Spanish, Chinese
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI - Market Street lines. MUNI Metro/BART - Powell Street Station. Fast Pass will be provided
Funding:	Federal (JTPA, PIC), foundations

ROSE RESNICK LIGHTHOUSE FOR THE BLIND AND VISUALLY IMPAIRED

214 Van Ness Avenue
San Francisco, CA 94102

Phone(s):

(415) 431-1481
(415) 863-7568 Fax
(415) 431-4572 TTY

Days & Hours:

Mon. - Fri., 9-5
Adaptations (Store)
Mon. - Fri., 10-12, 1-4
1st Sat. of Month - 10-2

Person In Charge:

Anita S. Baldwin, Executive Director

Services:

Provides services for the blind and visually impaired, including information and referral, support groups, adaptive computer demonstration and training, and braille instruction. Provides training for professionals working with the visually impaired. Ophthalmologist at Low-Vision Center provides medical evaluation of remaining vision and prescribes appropriate low-vision devices. Rehabilitation program offers orientation and mobility (safe travel) instruction, daily living skills and employment placement services accessible to the blind and visually impaired. Adaptations (Store) has a large selection of adaptive devices for sale. Senior and adult education classes are offered, including exercise, creative and fine arts, and English as a Second Language (ESL) modified for those with vision loss. Recreation, social programs and outings are designed to develop self-confidence and improve physical fitness. Serves a hot lunch Monday - Wednesday. Owns and operates Enchanted Hills Camp, a residential summer camp for children, families, deaf-blind clients and seniors. Library maintains a large collection of braille books. Volunteers are available for reading at the agency and for in-home personal assistance related to vision loss and companionship.

Fees:	Vary according to income and services provided
Eligibility:	Blind, visually impaired or deaf/blind
Area Served:	San Francisco, Marin, Contra Costa, San Mateo, Sonoma, and Napa counties
Application:	For best service, phone for appointment
Language:	Spanish, Filipino (Tagalog), French, ASL
Accessibility:	Agency wheelchair accessible; information in large print or braille and on tape or disk
Transportation:	BART - Civic Center Station (Grove exits), MUNI Metro - Van Ness Station, MUNI - F Market, 5

ROSE RESNICK LIGHTHOUSE FOR THE BLIND AND VISUALLY IMPAIRED (continued)

Fulton, 6 Parnassus, 7 Haight, 9 San Bruno, 14 Mission, 21 Hayes, 26 Valencia, 31 Balboa, 42 Downtown Loop, 47 Van Ness, 49 Van Ness - Mission, 71 Noriega

Funding: Donations, fees, grants, bequests, sale of products

RUSSIAN AMERICAN COMMUNITY SERVICES

300 Anza Street (Collins)
San Francisco, CA 94118

Phone(s):

(415) 387-5336

Days & Hours:

Mon. - Fri., 9-5
Mon. - Fri., 11-1 (Lunched served)

Person In Charge:

Nick Buick, Executive Director

Services:

A senior center providing general social services including counseling, translation, recreational activities, lectures, health and nutrition education, and information and referral. Lunch is served Monday through Friday, 11 am to 1 pm.

Fees:	$1.25 sugguested meal donation. Supporting membership $15
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Russian
Accessibility:	Meal site is wheelchair accessible
Transportation:	MUNI - 38 Geary, 43 Masonic. Upon request, a mini pickup is available from home to meal site, Monday and Friday only
Funding:	County (Commission on the Aging), federal (USDA), donations, fundraising, membership fees

SALVATION ARMY
Central Corps

360 - 4th St. (Folsom and Harrison)
San Francisco, CA 94107

Phone(s):

(415) 777-2677
(415) 777-2351 Fax

Days & Hours:

Sun. - Fri., 9-3
Sat., Holidays, 9-1

Person In Charge:

David Eng, Lieutenant

Services:

A multipurpose, multicultural senior center which provides a wide variety of services to seniors age 55 and over. The social service component provides information and referral. General social work for all seniors and bilingual outreach to Asian elders. Also provides case management for frail elders in danger of institutionalization, coordinating needed services so they may remain in their own homes. Provides regular and special recreational programs including arts and crafts, sightseeing, overnight trips, and special programs for disabled persons. Offers English as a Second Language classes, senior community action groups, blood pressure screening, health talks, and multilingual bible studies. Produces a monthly newsletter. Serves as a lunch site. Recruits, trains, and places volunteers to assist in the center's activities and to provide activities for the center's members. Sponsors senior development and a senior advocacy and leadership development program. Also arranges for low cost rates for seniors with special health needs. Outreach programs for seniors unable to leave their homes including phone contact and meal delivery in a limited area. Transportation assistance and visiting to seniors in nursing facilities.

Fees: None for most services. Membership fee of $12 per year is not required for participation in most programs, but guarantees a monthly newsletter and trip sign-ups. Some minimal fees for special events

Eligibility: Seniors age 55 or over

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone

Language: Chinese (Cantonese, Mandarin, Toisonese), Italian,Tagalog and Russian. Limited translation with books and volunteers for other languages

SALVATION ARMY (continued)
Central Corps

Accessibility:	Wheelchair accessible, elevator, PG&E assisted for visual help
Transportation:	MUNI 30 Stockton, 30 Express, 12 Folsom, 14 Mission Street and 9 San Bruno
Funding:	The Salvation Army and private donations

SALVATION ARMY
Chinatown Corps And Community Center

1450 Powell Street (Broadway)
San Francisco, CA 94133

Phone(s):
(415) 781-7360

Days & Hours:
Mon. - Fri., 9-4:30

Person In Charge:
Capt. Robin Hu, Commanding Officer

Services:
A community center with programs for persons of all ages in San Francisco's Chinatown District. Services include youth activities, after school programs, a gymnasium, a senior residence and a senior brunch served daily.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County, primarily Chinatown District
Application:	Apply by phone
Language:	Chinese
Accessibility:	Elevator
Transportation:	MUNI - 30 Stockton, 45 Greenwich
Funding:	Donations

SALVATION ARMY
Harbor Light Center

1275 Harrison Street (9th Street)
San Francisco, CA 94103

Phone(s):

(415) 864-7000
(415) 864-5974 Fax
(415) 864-1064 TDD

Days & Hours:

Person In Charge:

Captain Lawrence Shiroma, Director
David Overturf, Recovery Services Director
Claudia Muschietty, Detox Services Director
Byron Hudson, Administrative Asst.

Services:

Offers a continuum of services to men and women with alcohol related problems. Serves as an entry point for persons who would like to begin a sober lifestyle. The social model detoxification center offers assessment and program referral. The Homeless Alcohol Recovery Program (HARP) is a 45-day highly structured primary program providing alcohol education, individual and group counseling. The residential recovery home provides an environment in which individuals make plans for recovery and re-entry into the community. Services include individual and group counseling, vocational assistance, spiritual counseling and re-socialization. A 21 day detoxification unit is available for men and women who are HIV positive.

Fees:	Vary according to service
Eligibility:	Age 18 or over
Area Served:	San Francisco County
Application:	Apply by phone for interview
Language:	Spanish
Accessibility:	Wheelchair accessible at the social detox center (1255 Harrison)
Transportation:	MUNI - 19 Polk, 27 Bryant
Funding:	Salvation Army, donations, fees

SALVATION ARMY
Mission Corps And Community Center

1156 Valencia Street (22nd Street)
San Francisco, CA 94110

Phone(s):

(415) 648-0260
(415) 648-0276
(415) 648-0261 Fax
(415) 648-1011 Social Services

Days & Hours:

Mon. - Fri., 9-5
Fri., 6pm-8pm (youth)
Mon. - Fri., 2-6 (youth age 6-11)
Mon., 7pm & Tues., 10:30am
(Spanish Women's Group)
Mon. - Fri., 9-12
(Office of Social Services)

Person In Charge:

Hector Ramos, Major

Services:

A community center for English and Spanish speaking persons which provides activities for all ages. Serves as a senior meal site and senior center Monday - Friday from 9:00am-1:00pm. In the afternoon, offers after-school activities, special girls programs, Monday, 4:30pm-5:30pm (ages 6-11 yrs); boys activities, Monday, 4:30pm-5:30pm (ages 6-11), girls ages 11-17, 7:30pm-8:30pm and a summer day camp.

Fees:	$35 per month for after-school activities (2:30pm-6pm), sliding scale fees for Day Camp
Eligibility:	No requirements, (6-11 yrs)
Area Served:	San Francisco County, Mission District
Application:	Walk in
Language:	Senior Meals, Youth Activities, and After-School Programs are all bilingual in Spanish and English, all the rest in Spanish. Social services in English and Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 26 Valencia, BART - 24th Street Station
Funding:	Donations, grants

SALVATION ARMY
Senior Meals, Activities & Support Services

850 Harrison Street
San Francisco, CA 94107

Phone(s):

(415) 777-5350

Days & Hours:

Hours vary at each site
Meals served at noontime

Person In Charge:

Evelyn G. Dexter, Director

Services:

Provides meals at 30 sites, 30 sites serve weekday meals and 7 sites serve weekend and holiday meals. A wide variety of support services are offered at the 30 sites including recreation, trips, bilingual translation, consumer education, nutrition education, fellowship, spiritual well-being, volunteer training, senior leadership development, telephone reassurance, forms assistance, exercise classes, health screening, special events, arts and crafts, counseling, case management, eviction assistance and Muni pass sales.

Fees:	$1.25 donation suggested per meal
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	Chinese (Cantonese & Mandarin), Spanish, Tagalog
Accessibility:	Sites are wheelchair accessible
Transportation:	Varies, phone for information
Funding:	Federal, state, private donations

SALVATION ARMY
Turk Street Corps And Community Center

240 Turk Street (Jones)
San Francisco, CA 94102

Phone(s):
(415) 292-2586

Days & Hours:
Mon. - Fri., 9-1

Person In Charge:
Kitty Lui-Granat, Program Director
Jenna Whiteside, Site Coordinator

Services:
A drop-in center for residents of San Francisco's Tenderloin District. The senior services program includes a nutrition program which serves lunch everyday at 11:30, health education, support groups, exercise classes, dancing, movies, bingo, field trips and recreational activities. Also provides referrals and other supportive services.

Fees:	Suggested lunch donation $1.25
Eligibility:	Senior program - age 60 or over
Area Served:	San Francisco County, primarily the Tenderloin District
Application:	Walk in
Language:	Cantonese, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa
Funding:	Salvation Army Funds and public donations

SAN FRANCISCO ADULT DAY HEALTH NETWORK

50 California Street, Suite 200
San Francisco, CA 94111

Phone(s):

(415) 772-7371

Days & Hours:

Mon. - Fri., 8:30-4:45
Mon. - Fri. - Adult Day Health Centers
Sat., programs available - hours vary

Person In Charge:

Network: Lynne Perry, Executive Director
Adult Day Health Centers: Varies by center

Services:

The San Francisco Adult Day Health Network is a collaborative effort of the eight adult day health care agencies in the city. Adult day health centers offer physical, occupational, and speech therapies, nursing services, personal care, social and therapeutic recreational activities, nutrition counseling and hot meals and transportation to and from the centers. Centers are located throughout the city and reflect the wide cultural and linguistic diversity of San Francisco. The Network itself works behind the scenes with funders, local government agencies and other organizations to strengthen adult day health care in San Francisco and in neighboring communities.

Fees:	Center services are covered by Medi-Cal, or on a sliding fee basis
Eligibility:	Any adult who needs assistance and rehabilitation to perform the basics of daily living
Area Served:	San Francisco County
Application:	N/A
Language:	Network: None Centers: Cambodian, Cantonese, French, Italian, Japanese, Korean, Laotian, Mandarin, Russian, Spanish, Tagalog, Thai, Turkish, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	Network: MUNI - BART, Embarcadero Station Centers: Located in neighborhoods throughout the city and are accessible by public transportation
Funding:	Grants

SAN FRANCISCO DENTAL SOCIETY
Senior Dental Program

2143 Lombard Street
San Francisco, CA 94123

Phone(s):

(415) 928-7337 Administration
(415) 421-1435 Referral Line

Days & Hours:

Mon. - Fri., 9-5
24 hours daily

Person In Charge:

Sandra Stickney, Executive Director

Services:

Refers seniors age 62 or over to dentists who provide services for approximately 15% below their standard fees. Some dentists provide home visits if necessary. Referral service staff speaks English only, but can refer clients to dentists who speak Tagalog, Spanish, Chinese and other languages.

Fees: None for referral sevice. Member dentists charge approximately 15% less than their standard fee

Eligibility: San Francisco resident age 62 or over. Must be on a fixed income of under $16,000 per year, must have no dental insurance and must not be eligible for Medi-Cal

Area Served: San Francisco County

Application: Apply by phone

Language: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Membership dues

SAN FRANCISCO FOOD BANK

Brown Bag Program

900 Pennsylvania (23rd St.)
San Francisco, CA 94107

Phone(s):

(415) 282-1900

Days & Hours:

Mon. - Fri., 8-5

Person In Charge:

Paul Ash, Executive Director
Deb Self, Programs Manager

Services:

Solicits surplus food from farmers, food brokers, retailers and commodity dealers and redistributes it to nonprofit agencies serving low-income individuals and families. Provides food to soup kitchens and pantries across San Francisco at a shared maintenance fee of 14 cents per pound. Sponsors the Brown Bag Program which provides a biweekly bag of supplemental food to low-income seniors. Food is distributed by volunteers from the program. Also operates the Emergency Food Box Program (described separately), and a Shopping Program for nonprofit agencies with food programs for low-income people.

Fees:	Seven dollars donation requested
Eligibility:	Age 60 years or older and monthly income of less than $695.40/$1,269.20 for an individual/couple
Area Served:	San Francisco County
Application:	Individuals referred by phone to a participating agency. Agencies interested in hosting food distributions should contact the Food Bank Program Assistant
Language:	Russian, Tagalog, Cantonese, Mandarin, Korean, Spanish
Accessibility:	Wheelchair accessible
Transportation:	None
Funding:	Donations, federal, state and local government funding, private foundation grants

SAN FRANCISCO FOOD BANK
Emergency Food Box Program

900 Pennsylvania (23rd Street)
San Francisco, CA 94107

Phone(s):

(415) 772-4357 HelpLink

Days & Hours:

Mon.-Fri.
8-5

Person In Charge:

Paul Ash, Executive Director
Deb Self, Program Manager

Services:

Solicits surplus food from farmers, food brokers, retailers and commodity dealers and redistributes it to nonprofit agencies serving low-income individuals and families. Provides food to soup kitchens and pantries across San Francisco at a shared maintenance fee of 14 cents per pound. Sponsors the Emergency Food Box Program which provides a three day supply of food to needy individuals and families in emergency situations. Food is distributed by member agencies. Also operates the Brown Bag Program (described separately), and a Shopping Program for nonprofit agencies with food programs for low-income people.

Fees:	None
Eligibility:	Can access one box in a twelve month period for emergency reasons only
Area Served:	San Francisco County
Application:	Intakes given and boxes distributed at member agencies (can call Northern California Council for the Community HelpLink at 772-4357 for referral)
Language:	Variety of languages spoken at different member agencies
Accessibility:	Wheelchair accessible
Transportation:	None
Funding:	Donations, federal, state and local government funding, private foundation grants

SAN FRANCISCO HEARING AND SPEECH CENTER

1234 Divisadero (Eddy)
San Francisco, CA 94115

Phone(s):

(415) 921-7658
(415) 921-8990 TDD
(415) 921-2243 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Rayford C. Reddell, Ph.D, Executive Director
Robert Madory, Director, Clinical Services
Kay Hammel, Business Manager

Services:

Provides diagnostic and rehabilitative services for children and adults with hearing and speech or language disorders. Offers hearing aid consultation and dispensing, speech and language therapy, a speech pathology clinic, a preschool program for hearing handicapped children under age 3, a school for children with aphasia, total communication and oral education classes for deaf children. Also offers evaluation, consultation and a support group for persons with tinnitus.

Fees:	Vary according to service. No one is refused service because of inability to pay, Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Napa, Solano and Sonoma Counties
Application:	Apply by phone or mail
Language:	American Sign, Chinese (Mandarin), German, Russian, Spanish, Taiwanese
Accessibility:	Wheelchair accessible/restroom/ramp
Transportation:	MUNI - 24 Divisadero, 31 Balboa, 38 Geary
Funding:	Fees, donations

SAN FRANCISCO HOMESHARE PROGRAM, THE

801 Portola Drive, Suite 209
San Francisco, CA 94127

Phone(s):
(415) 759-3760

Days & Hours:
Mon. - Fri., 8:30-5

Person In Charge:
Tania Gregory, HomeShare Coordinator

Services:

A shared housing program where two or more unrelated people share a house or apartment. Each person has a private bedroom and shares common living areas, much like a family would. The goal is to help seniors maintain independent living and to provide people of any age with an affordable housing option. The program provides names for potential housing matches between providers (a home owner or renter) and seekers (individuals seeking affordable space within a home). Participants are instructed in how to interview each other, check references, plan a trial weekend, and how to construct a rental agreement. HomeShare agreements between housing providers and seekers may result in a straight rent exchange or in reduced rent in exchange for non-personal services such as grocery shopping, cooking, and house cleaning. Home visits arranged for frail seniors. Applications are accepted, and referrals made, in accordance with federal, state, and local fair housing laws. HomeShare is a program offered through Services For Seniors, a subsidiary of Northern California Presbyterian Homes & Services.

Fees: None

Eligibility: Applicants must either be a senior or want to share housing with a senior

Area Served: San Francisco County

Application: By appointment only

Language: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 36 Teresita, 44 O'Shaughnessy, 48 Quintara, and 43 Masonic

Funding: Individual, corporate, and foundation gifts

SAN FRANCISCO MEDICAL SOCIETY

1409 Sutter Street (Franklin)
San Francisco, CA 94109

Phone(s):

(415) 561-0853 Referral Line
(415) 561-0850 Administration

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Betty Gillespie Pollack, Executive Director

Services:

A professional association of physicians providing referrals to member physicians based on location, medical specialty, foreign language fluency, acceptance of public funding, availability for house calls and special interests including AIDS. Provides information regarding medical school attended and board certification of the member physicians. Dispute Resolution Service reviews written complaints about physicians and attempts to mediate between the patient and physician. Volunteer physicians will investigate the complaint and a committee reviews the facts. Advice will be sent to the patient when the review is completed. The review process takes three to four months.

Fees:	None for referrals
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Chinese, Spanish (by appointment)
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	Donations

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION

225 Bush Street, 7th Floor
San Francisco, CA 94104

Phone(s):

(415) 982-1300
(415) 982-4243 Fax

Days & Hours:

Mon. - Fri., 9-5

Person In Charge:

Ramon Arias, Executive Director

Services:

Provides legal help for low-income San Francisco residents. The Public Benefits Unit assists with Social Security, SSI, General Assistance, Medi-Cal, Medicare, Cal Works, Food Stamps and unemployment insurance problems. The Domestic Relations Unit helps with temporary restraining orders, annulments, divorce, and child custody in cases involving domestic violence. The Housing Unit helps with eviction defense and landlord tenant relations. If the eviction is because of non-payment of rent, client must be prepared to pay rent due. No fee-generating or criminal cases accepted. Will provide referrals to private attorneys who accept cases on a contingency basis.

Fees: Filing and other court fees only

Eligibility: Low-income San Francisco residents

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Language: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese

Accessibility: Wheelchair accessible, talking elevators

Transportation: MUNI - Market Street Lines. MUNI Metro/BART - Montgomery Street Station

Funding: Legal Services Corporation
Partners In Justice - Private Bar Campaign
California Department of Public Health
Commission on the Status of Women
The United Way of the Bay Area
The Interest on Lawyers Trust Fund
Community Development Block Grant
Echoing Green/Stanford Public Interest Law Foundation/Horizons Foundation U.S. Department of Health and Human Services

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION (continued)

California Consumer Education & Protection Fund
National Association of Public Interest Law Fellowship Program
Bank of America Consumer Education Fund

SAN FRANCISCO NIGHT MINISTRY

Mailing Address:
432 Mason Street
San Francisco, CA 94102-1706

Phone(s):

(415) 986-1464

Days & Hours:

Daily, 10pm - 4am
Every night of the year

Person In Charge:

The Rev. Donald Fox, Night Minister

Services:

Trained lay volunteers provide telephone counseling and referral services for all manner of crises. An ordained minister or priest is on call every night of the year, available for in-person counseling anywhere in the city that the person in crisis chooses to meet - such as an apartment, house, hotel, restaurant, bar, coffee shop, hospital or on the street. Counseling is non-judgmental, and also non-religious unless the caller chooses to talk about religious or spiritual matters.

Fees:	None
Eligibility:	No requirements
Area Served:	Callers can be from anywhere; in-person counseling is within San Francisco County
Application:	Apply by phone
Language:	Spanish, Cantonese and Mandarin by request
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	Donations, grants

SAN FRANCISCO OPTOMETRIC SOCIETY

940 Geneva Avenue
San Francisco, CA 94112

Phone(s): **Days & Hours:**

(415) 585-6588 Bay Area Optometric Council (BAOC)
(415) 925-9091 Public Relation
(800) 675-3937 Referral Information

Person In Charge:

Lyly Ung, O.D., President Bay Area Optometric Council
Gina Day, O.D., Public Relation

Services:

Comprehensive eye examinations, visual acuity assessment and prescription, glaucoma testing, cataract evaluation, retinal evaluation, low vision testing and visual aids.

Special Services during March 3 - April 15, 1999:
California Vision Project: California residents who have one member of the household who is employed and have no Medicaid, Medicare, government or private health insurance, and have an income below an established level based on household size are eligible to receive a comprehensive eye health examination at no charge. Eligible patients will be asked to donate a $20 administration fee per person if prescription glasses are needed. Apply by phone from January 2-31, 1999, (800) 766-4466. Or call the California Optometric Association at (800) 877-5738.

Fees:	None for referral. Financial arrangements, including senior discounts, Medicare and Medi-Cal and other third party insurance are handled privately between patient and doctor
Eligibility:	open
Area Served:	San Francisco County
Application:	Varies per optometrist
Language:	Referral service speaks English only. Chinese, Spanish, Russian and other languages spoken by Optometrists. Please make request
Accessibility:	Varies, ask for information at time of referral
Transportation:	Varies; ask for information at time of referral
Funding:	Membership dues and volunteer services

SAN FRANCISCO SAFE, INC.

850 Bryant Street, Room 135
San Francisco, CA 94103

Phone(s):

(415) 553-1984
(415) 553-1967 Fax

Days & Hours:

Mon. - Fri.
9-5

Email - safe@sfsafe.org

Person In Charge:

Suzanne London, Executive Director

Services:

Crime prevention education. Holds neighborhood forums to help the flow of communication between law enforcement agencies and neighborhood residents and groups. Encourages neighborhood responsibility and public awareness in all phases of crime prevention strategies through Operation Identification, neighborhood watch, security inspections, and teaching common sense precautions. Personal safety presentations are made to community groups, businesses and the general public upon request. Offers residential and commercial physical security surveys. Special presentations are available for older adults or children.

Fees: None

Eligibility: San Francisco resident

Area Served: San Francisco

Application: Apply by phone

Language: Spanish, chinese (Cantonese), Russian

Accessibility: Wheelchair entrance on Harrison/elevator

Transportation: MUNI - 27 Bryant, 42 Downtown Loop

Funding: City, county, donations

SAN FRANCISCO SCHOOL VOLUNTEERS

551 Sutter Street
San Francisco, CA 94102

Phone(s):

(415) 274-0250

Days & Hours:

Mon.-Fri.
8:30-5

Person In Charge:

Sandra Treacy, Director

Services:

Recruits, trains, and places volunteers to assist in the San Francisco public school. The Allied for Education program customizes partnerships between schools and organizations in the community (business, civic groups, professional associations, governmental agencies, churches, etc.). Allies also facilitates employee/member involvement as classroom volunteers and tutors. The Community Volunteers in the Schools program recruits, trains and places community members in the shcools to provide one-to-one tutoring, office, library or schoolyard assistance in all subject areas. The Literacy Volunteer program improves the reading skills of elementary and middle school students by matching them with volunteers trained in proven reading strategies. The Eyes on the Prize program increases academic achievement among African American students by increasing the level of family involvement and providing cultural/work role models. The Family Ties in Education program creates positive partnerships between parents and teachers at the middle school level and provides parents with practical way they can help support their children's education. Services are provided by eight program coordinators who serve a geographic area of the city.

Fees:	None
Eligibility:	Individual interested in public education
Area Served:	San Francisco County, San Francisco public schools
Application:	Apply by phone; on-site orientation
Language:	Cantonese, Mandarin, Spanish, Vietnamese, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines, BART - Montgomery Street Station
Funding:	Donations, grants

SAN FRANCISCO SENIOR CENTER
Aquatic Park Branch

890 Beach Street (Polk)
San Francisco, CA 94109

Phone(s):

(415) 775-1866
(415) 771-2666 TDD
(415) 775-4020 Fax
Website address: www.wenet.net/~sfsc
email: sfsc@wenet.net

Days & Hours:

Mon.-Fri., 9-4
Sun., 11-3

Person In Charge:

Betty McQuiston, Branch Director
Robert Trevorrow, Executive Director

Services:

A multipurpose center for seniors age 60 or over. Social service staff provide individual and group counseling, and information and referral. Visiting professionals assist with social security, income tax, health screening and nutrition education. Activities include lectures, discussions, exercise, Tai Chi, travel, international trips, special events, bridge, chess, mahjong, creative writing, French, Italian, social dancing, western line dancing, photography, ceramics, weaving, yoga, Qigong, dressmaking, knitting, painting, and a woodshop. A Rowing Club Center also has an active strength training, exercise equipment program and an older deaf adults group. Nurse available once a week. A hot lunch is served Monday-Friday and Sunday. Lunch tickets become available at 9:30 am and are provided on a first come first served basis. Literacy Program for older adults. Publishes a monthly newsletter.

Fees:	Voluntary membership $25, suggested lunch donation $1.25
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in
Language:	Chinese (Cantonese), Spanish
Accessibility:	Wheelchair accessible elevator, restroom, interpreter for the deaf available on Thursdays
Transportation:	19 Polk, 47 Van Ness, 49 Van Ness-Mission, 30 Stockton. Taxi service available by arrangement.
Funding:	Donations, memberships, United Way Donor Options

SAN FRANCISCO SENIOR CENTER

Downtown Branch

481 O'Farrell Street (Jones)
San Francisco, CA 94102

Phone(s):

(415) 771-7950
(415) 771-1135 Fax

Days & Hours:

Mon.-Thurs., 9-4
Fri., 9-3:30
Sat.-Sun., 10-2

Person In Charge:

Mary Alice Stevenson, Branch Director
Bob Trevorrow, Executive Director

Services:

The Downtown Branch of San Francisco Senior Center serves primarily elderly residents of apartments and hotels in the Tenderloin District. Serves daily noon meals and offers a variety of classes, speakers, health screenings, trips and holiday celebrations; social services and case management; special programs for Chinese seniors include classes in Chinese folk dancing and chorus. For a moderate fee computer classes for beginners and intermediate students are available weekdays; accelerated weekend classes are provided for employed seniors.

Fees:	Voluntary annual sponsorship $25; suggested lunch donation $1.25
Eligibility:	Age 60 or over, 55 or over for computer classes
Area Served:	San Francisco County, primarily the Tenderloin District
Application:	Walk in
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, Italian, Russian, Spanish (By arrangement)
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary, 27 Bryant
Funding:	City, county, memberships, donations, United Way donor options, special events and bequests

SAN FRANCISCO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS (SPCA)

2500 - 16th Street
San Francisco, CA 94103S

Phone(s):

(415) 554-3000 Adoptions
(415) 554-3030 Animal Hospital

Days & Hours:

Mon.-Sun., 11-6
Mon.-Sat., 8-6

Person In Charge:

Richard Avanzion, President

Services:

Offers animal adoptions and low-cost spay and neutering clinics. The Animal Assisted Therapy Program provides animals to visit physically or emotionally disabled residents in community facilities and homes. The Pets and Older People Program places older pets free of charge with seniors to provide companionship and also provides seniors with free spay/neuter surgery for their pets. Educational programs available to schools. A Grooming College trains people to groom animals. Also operates Hearing Dog Program in which dogs are trained to assist the deaf and hearing impaired.

Fees: Vary according to service. Senior citizen discounts available. Some services free to seniors. Phone for more specific information

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in

Language: Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, German, Hebrew, Russian, Sign, Spanish, Turkish, Vietnamese

Accessibility: Ramp wheelchair accessible/restroom

Transportation: MUNI - 22 Filmore, 27 Bryant, 9 San Bruno, BART - 16th Street Station

Funding: Donations, fees

SAN FRANCISCO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS - HEARING DOG PROGRAM

2500 16th Street (Bryant)
San Francisco, CA 94103

Phone(s):

(415) 554-3020

Days & Hours:

Mon.-Fri.
7-12 noon, 1-4

Person In Charge:

Ralph Dennard, Program Director

Services:

Trains dogs in sound awareness to assist deaf persons in responding to household sounds such as doorbells and telephone ringing, alarm clocks, smoke alarms, etc. All dogs are selected from the animal shelter and undergo tests for health, intelligence and the proper temperament to work with deaf persons. Dogs undergo a four month training program which includes working with the deaf recipient and the trainers who communicate in sign language. Applicants must be age 18 or over, although younger persons may be accepted under special circumstances, and must have been diagnosed as having a 'serious' hearing loss. Applicants must submit a copy of their audiogram.

Fees:	None for dogs. $20 application fee and $100 registration fee for classes
Eligibility:	Age 18 or over with documentated serious hearing loss. Resident of California
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara Counties, statewide and Nevada
Application:	Walk in or apply by phone or mail. Client must fill out an application.
Language:	Sign (by arrangement)
Accessibility:	Interpreter for the deaf available full time/wheelchair accessible to first floor only
Transportation:	MUNI - 22 Fillmore, 27 Bryant, 9 San Bruno, BART - 16th Street
Funding:	SPCA, donations, grants

SAN FRANCISCO STATE UNIVERSITY
Urban Elders Program

22 Tapia Drive (Font)
San Francisco, CA 94132

Phone(s):

(415) 338-2127

Days & Hours:

Mon.-Fri., 8:30-4:30 (Office)
Classes held day and evening

Person In Charge:

Annette Solomon, Director
Jennifer Delury, Co-Director

Services:

The Urban Elders Program is an umbrella structure for a number of academic and direct service programs for older adults. Persons age 60 or over may take any course offered at the university on a space available basis, have full use of the library and most campus facilities.

Fees:	Elder college $45 per semester, 60 Plus program $60 per year, fees for other programs vary
Eligibility:	Age 60 or over
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk-in or apply by phone
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 17 Parkmerced, 26 Valencia, 28 - 19th Avenue, 29 Sunset, 48 Quintara/24th St., M Oceanview
Funding:	Fees, donations, state

SAN FRANCISCO SUICIDE PREVENTION, INC.

Mailing Address:
P. O. Box 191350
San Francisco, CA 94119-1350

Phone(s):	Days & Hours:
(415) 781-0500 Crisis	24 hrs daily
(415) 981-4700 I&R	24 hrs daily
(415) 362-3400 Drug Line	24 hrs daily
(415) 989-5212 or 1-800-303-SIDA	5pm-5am daily
LINEA	24 hrs daily
(Spanish Crisis Line)	Mon.-Sun., 5pm - 5am daily
(415) 834-1144 Relapse Line	24 hrs daily
(415) 434-2437 AIDS Nightline	Mon.-Fri., 8:30-4:30
(415) 781-2224 TTY (Crisis)	
(415) 984-1900 Administration	
(415) 984-1921 Fax	

Person In Charge:

Eve Meyer, Executive Director
Sandra Yuen, Director Crisis Line
David Paisley, Director AIDS/HIV Nightline

Services:

Specially trained volunteer counselors provide crisis telephone counseling, information and referral. Crisis counselors explore a client's problem and give referrals to appropriate resources including community mental health centers, private clinics and practitioners, substance abuse programs, and emergency services. All calls are strictly confidential and counselors are sensitive to the needs of adolescents, elderly, minority groups and persons with AIDS/HIV. Speakers are available to community groups, churches, social clubs or others who are interested in learning more about the facts, myths and warning signs of suicide and depression. Provides in-service training for college credit.

Fees:	None, except the cost of the phone call
Eligibility:	No requirements
Area Served:	San Francisco County and Bay Area (However, calls are taken from anyone, regardless of location)
Application:	None
Language:	Chinese (Cantonese, Mandarin), Tagalog, French, German, Spanish, on an as needed basis
Accessibility:	Not necessary for service. TTY for crisis mental health I&R, and drug lines

SAN FRANCISCO SUICIDE PREVENTION, INC. (continued)

Transportation: Not necessary for service

Funding: United Way, city, county, donations

SAN FRANCISCO TENANTS UNION

558 Capp Street (21st Street)
San Francisco, CA 94110

Phone(s):

(415) 282-6622

Days & Hours:

Mon.-Sat.
hours vary

Person In Charge:

Work as a collective

Services:

Provides telephone or drop-in counseling to San Francisco tenants about their rights. Members receive phone counseling about eviction notices, lockouts, harassment, rent increases, repairs, security deposits and discrimination. Publishes a handbook on tenants' rights and a newsletter. Organizes and gives assistance to buildings that wish to form a tenants' union. Organizes around legislation affecting tenants.

Fees:	$10 minimum donation requested or an annual membership fee which varies according to income from $25 - $60, no one turned away for lack of funds.
Eligibility:	San Francisco tenant
Area Served:	San Francisco County
Application:	Apply by phone or walk in
Language:	Spanish (by arrangement)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 14 Mission, 49 Van Ness. BART - 24th Street station
Funding:	Fees, donations

SELF-HELP FOR THE ELDERLY

Alzheimer's Day Care Resource Ctr/ADHC

408 - 22nd Avenue
San Francisco, CA 94121

Phone(s):

(415) 666-1890
(415) 666-1899 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5:00

Person In Charge:

Veronica Rodriguez, Program Director

Services:

The Jackie Chan Adult Day Services Center, located at 408 - 22nd Avenue in the Richmond district houses two programs, an Alzheimer's Day Care Resource Center and an Adult Day Health Care Program. Both programs offer day-long programs with nursing, medical social services, physical, occupational and speech therapies and activities. The Alzheimer's program is specific to those with Alzheimer's disease or other dementias. Both programs operate Monday through Friday and provide transportation to and from the center.

Fees:	Medi-Cal or private fee-for-service
Eligibility:	Clients must be physically impaired and medically in-need of the services provided. Alzheimer's Day Care clients should also have been diagnosed with Alzheimer's disease or another form of dementia
Area Served:	San Francisco
Application:	Referral to the Center at 666-1888 Monday through Friday
Language:	Chinese, (Cantonese, Mandarin), Filipino, English, Spanish
Accessibility:	Wheelchair accessible
Transportation:	Clients must be phsically impaired and medically in-need of transportation to and from center
Funding:	City, state, federal, United Way, donations, gifts

SELF-HELP FOR THE ELDERLY
HomeCare and Hospice

407 Sansome Street
San Francisco, CA 94111

Phone(s):

(415) 982-9171
(415) 296-0313 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5:15

Person In Charge:

Anni Chung, Executive Director
Anthony Tam, Deputy Director of Administration
Sue Eisenberg, Deputy Director for Programs
Marilyn Baker-Venturini, Administrator, HomeCare and Hospice

Services:

Homecare: Services include skilled nursing, physical, occupational and speech therapies, medical social services and certified home health aide services.

Hospice: Services are provided to patients who have been diagnosed with a terminal illness and have a life expectancy of 6 months or less. Hospice services include skilled nursing, medical social services, counseling, certified home health aide services, and pastoral care.

Fees:	Medicare, Medi-Cal, Private Insurance
Eligibility:	Medically appropriate for services
Area Served:	San Francisco, San Mateo and Santa Clara Counties
Application:	Referral to HomeCare and Hospice at 982-9171 Monday through Sunday
Language:	All staff are bicultural and bilingual in English and Cantonese, Mandarin, Tagalog, Shanghainese, or Toishanese
Accessibility:	All facilities are wheelchair accessible
Transportation:	Self-Help helps transport or make arrangements for transportation
Funding:	City, state, federal, United Way, donations, gifts

SELF-HELP FOR THE ELDERLY
Housing

407 Sansome Street
San Francisco, CA 94111

Phone(s):

(415) 982-9171
(415) 296-0313 Fax

Days & Hours:

Mon.-Fri.
8:30 - 5:15

Person In Charge:

Anni Chung, Executive Director
Anthony Tam, Deputy Director for Administation
Sue Eisenberg, Deputy Director for Programs
Sally Kong, Director Housing

Services:

The Lady Shaw Senior Center is a 70 unit low-income apartment complex located at 1483 Mason Street

Leonard House is a fifteen-bed residential care home located at 1771 Waller Street.

Sunrise Center is a thirty-four bed residential home care located in Santa Clara

Fees: Leonard House and Sunrise Center are fee-for-service. Lady Shaw Senior Center rents are 30% of a residents' income.

Eligibility: Leonard House and Sunrise Center accept clients who are 60 years of age or older and meet licensing requirements. Lady Shaw Senior Center - clients must be 62 years of age or older or 18 years of age and disabled. All residents must be low-income

Area Served: San Francisco, San Mateo and Santa Clara Counties

Application: Apply by phone, walk in or referral

Language: Chinese (Cantonese, Mandarin, Toishen, Shanghainese), Filipino (Tagalog)

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 30 Stockton, 45 Greenwich, 1 California, 15 Kearny, California Cable Car

Funding: City, state, federal, United Way, donations, grants

SELF-HELP FOR THE ELDERLY

Nutrition and Senior Center Programs

Main address:
407 Sansome Street (Clay & Sacto.)
San Francisco, CA 94111

Second Address:
1483 Mason Street
San Francisco, CA 94133

Phone(s):

(415) 982-9171

Days & Hours:

In general all programs operate between:
Mon. - Fri., 8:30am - 5:15pm

Person In Charge:

Helen Yuen, Director, Nutrition & Senior Center Programs

Services:

Senior Center Congregate Meal Sites: Self-Help operates multi-service senior centers in San Francisco. Centers provide a hot noon meal and each center offers recreational and educational activities, translation services and information and referral. Activities include consumer, health and nutrition education classes, a group exercise program, bingo, sing-a-longs, outings, arts and crafts, Tai Chi, Luk Tung Kuen, karaoke and social dancing. Call Nutrition and Senior Center Programs for locations.

Home-Delivered Meals: Staff deliver a meal to homebound seniors once each day. Monday - Friday

Fees:	No fees for most services; donations accepted
Eligibility:	Clients must be 60 or older
Area Served:	San Francisco, San Mateo and Santa Clara Counties
Application:	Clients or referring parties may apply by phone or walk-in
Language:	All staff are bi-cultural and bi-lingual in English and Cantonese, Mandarin, Tagalog, Shanghainese, or Toishanese
Accessibility:	All facilities are ADA accessible

Nutrition and Senior Center Programs

Transportation: Self-Help transports seniors to and from the above listed senior centers. Seniors may also schedule transportation to and from medical appointments. MUNI fast passes are available at the agency.

Funding: City, state, federal, United Way, donations, gifts

SELF-HELP FOR THE ELDERLY

San Francisco Residential Care Facility

407 Sansome Street, 4th Floor
San Francisco, CA 94111

Phone(s):

(415) 438-4800
(415) 296-0313 Fax

Days & Hours:

Mon.-Fri.
8:30-5

Person In Charge:

Betty Fung, Special Services Director

Services:

Provides information about and referral to residential care facilities for the elderly in San Francisco which meet quality of care standards. Matches prospective residents seeking referral with those homes. Provides consumers with a list of three homes which closely match their needs, if possible.

Fees:	None for referrals
Eligibility:	Seniors 55 or over
Area Served:	San Francisco
Application:	Apply by phone or drop-ins
Language:	Chinese (Cantonese, Mandarin, Toishanese, Shanghainese)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 12 Folsom, 15 Third, 41 Union, 42 Downtown Loop
Funding:	Grants, fees, donations

SELF-HELP FOR THE ELDERLY
Senior Employment Training and Economic Development

407 Sansome St., (Basement)
San Francisco, CA 94111

Phone(s):

(415) 982-9171
(415) 296-0313 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5:15

Person In Charge:

Anni Chung, Executive Director
Anthony Tam, Deputy Director for Administration
Sue Eisenberg, Deputy Director for programs
Po Yee Au, Director, Senior Employment, Training and Enterprise Development

Services:

Employment Training and Job Placement for housekeepers and home health aides. Also provides training on office and computer skill.

Housekeeping Home Health Aide Registry: Self-Help will arrange for a housekeeper or home health aide to provide services in a client's home.

Emergency In-home Supportive Services: This program provides temporary housekeeping and personal care services to seniors who reside in San Francisco.

Senior Community Services Employment Program places older workers in paid positions in community agencies located in San Francisco.

Gold and Silver Travel Club: Seniors travel to cities, countries or other tourist attractions at various times throughout the year. All trips, foreign or domestic, are pre-arranged and escorted.

Fees: No fees for training programs or emergency in-home supportive services. Private housekeeping and home health aide services secured through the registry and travel through the Gold and Silver Travel Club are fee-for-service.

Eligibility: Housekeeper trainees must be low-income San Francisco residents, 55 years of age or older; home health aide trainees must be 45 years of age or older. Community Services employees must be low-income San Francisco residents and 55 years of age or older. Emergency in-home supportive services clients must be 60 years of age or older, frail and in need of these services.

SELF-HELP FOR THE ELDERLY

Social Services Program

407 Sansome Street
San Francisco, CA 94111

Phone(s):

(415) 982-9171
(415) 296-0313 Fax

Days & Hours:

Mon. - Fri.
8:30 am - 5:15 pm

Person In Charge:

Anni Chung, Executive Director
Anthony Tam, Deputy Director for Administration
Sue Eisenberg, Deputy Director for Programs
Betty Fung, Director, Social Services

Services:

Social Services: These services include case management, counseling, assisting clients to complete forms and translating forms and documents for clients. A special program provides counseling and case management services to abused seniors. Services are available at 407 Sansome Street, and 777 Stockton Street (415) 438-4808.

Northeast Senior Central Program: Staff provide information and referral and assist clients to secure needed services. This program is targeted to residents of the Chinatown and North Beach districts and is located at 407 Sansome Street, (415) 438-4800.

Sunset Senior Central: Staff provide information and referral and assist clients to secure needed services. This program is targeted to residents of the outer Sunset and is located at 2451 Judah Street.

Housing Information Referral and Assistance: Staff provide information about and referral to low-income housing and information and education about tenants' rights and other consumer issues. Staff also mediate landlord/tenant disputes. Services are available at 407 Sansome Street.

Citizenship Program: Services include helping clients to complete citizenship application forms, helping clients to secure disability. Citizenship classes are available throughout San Francisco.

Fees:	No fees for most services; donations accepted
Eligibility:	Clients must be 60 or older. Senior Central clients may be 55 or above. Housing Assistance clients must be low-income.
Area Served:	San Francisco

SELF-HELP FOR THE ELDERLY (continued)
Social Services Program

Application:	Apply by phone or walk-in
Language:	All staff is bicultural and bilingual in English and Cantonese, Mandarin, Tagalog, Shanghainese, or Toishanese
Accessibility:	Wheelchair accessible
Transportation:	Call to make arrangements
Funding:	City, state, federal, United Way, donations, gifts

SENIOR ACTION NETWORK

1370 Mission Street, 3rd Floor
San Francisco, CA 94103

Phone(s):

(415) 863-2033
(415) 863-3846 Spanish
(415) 863-3872 Chinese
(415) 863-0520 Russian
(415) 703-0186 Fax

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Bill Price, President
Maggie Bohlman, Executive Director

Services:

A citywide federation of senior citizen organizations organized to mobilize San Francisco seniors on issues that will directly improved the quality of our lives. Our goal is to build a strong, value based organization with seniors recruited and trained from senior centers, religious congregations, senior residences, retiree organizations and other senior groups. Monthly general meetings are held on the 2nd Thursday of each month from 10 am - 12:30 pm at First Unitarian Church, 1187 Franklin Street and are open to the public simultaneous translations provided in Chinese, Russian and Spanish.

Fees:	Annual organizational membership is $25.00. Annual individual membership is $5.00. Meetings are open to the public. Do not need to be a member to participate, but do need to be a member to vote.
Eligibility:	No requirements
Area Served:	San Francisco
Application:	By mail, in person, or by phone
Language:	Spanish, Chinese, and Russian
Accessibility:	Office and meeting rooms are wheelchair accessible
Transportation:	MUNI - 14 Mission and Market Street Lines, BART - Civic Center Station
Funding:	City, donations, dues, grants

SENIOR CENTRAL #1
Richmond District

6221 Geary Blvd, 3rd Floor
San Francisco, CA 94121

Phone(s):

(415) 752-2815
(415) 752-2853 Fax

Days & Hours:

Mon. - Fri.
9-5

Person In Charge:

Pattie Maney, Director
email - pmaney.fsa@juno.com

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Greater Richmond District
Application:	Phone or walk in
Language:	English, Cantonese, Mandarin, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI: 38 Geary, 29 Sunset, 2 Clement, 31 Balboa
Funding:	Commission on the Aging

SENIOR CENTRAL #2
Western Addition/Marina

1684 Post Street (at Buchanan)
San Francisco, CA 94115

Phone(s):

(415) 567-3900
(415) 931-2299 Fax

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Edie Yau, Program Coordinator

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Western Addition and Marina
Application:	Phone or walk in
Language:	English, Japanese, Chinese, Korean
Accessibility:	Wheelchair accessible
Transportation:	MUNI: 38 Geary, 2 Clement, 3 Jackson, 4 Sutter
Funding:	Commission on the Aging

SENIOR CENTRAL #3
Northeast

407 Sansome Street, 4th Floor
San Francisco, CA 94111

Phone(s):

(415) 438-4800
(415) 296-0313 Fax

Days & Hours:

Mon.-Fri.
8:30-5:15

Person In Charge:

Betty Fung, Director

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Chinatown and North Beach
Application:	Phone or walk in
Language:	English, Cantonese, Mandarin, Toishan, Shanghainese
Accessibility:	Wheelchair accessible
Transportation:	MUNI: 1 California, 12 Folsom, 15 Third, 41 Union, 42 Downtown Loop
Funding:	Commission on the Aging

SENIOR CENTRAL #4
Central City and Potrero Hill

472 Turk Street
San Francisco, CA 94102

Substation Location:
360-4th Street
San Francisco, CA 94102

Phone(s):

(415) 931-6000
(415) 292-4901 Fax
(415) 777-3233 Substation

Days & Hours:

Mon.-Fri., 8:30-4:30

Substation Location:
Mon.-Wed., 8:30-4:30

Person In Charge:

Leon Schmidt, Director

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Central City (Tenderloin, North & South of Market) and Potrero Hill
Application:	Phone or walk in
Language:	English, Chinese, Tagalog, Cambodian
Accessibility:	Wheelchair accessible
Transportation:	MUNI: 12 Folsom, 14 Mission (2 blocks), 27 Bryant (1 block), 30 Stockton, 45 Greenwich
Funding:	Commission on the Aging

SENIOR CENTRAL DISTRICT #5
Serving Bernal Heights, Buena Vista, Noe Valley, Mission
On Lok 30th St
225 - 30th Street, #320
San Francisco, CA 94131

Substation Location:
Centro Latino
1656 - 15th Street
San Francisco, CA 94110

Phone(s):
(415) 920-0588
(415) 648-3957 Fax
(415) 861-8168 Substation

Days & Hours:
Mon. - Fri., 8:30 - 5:00pm

Substation Location:
Mon. - Thurs., 10:00 - 2:00pm
Friday, 8:30 - 5:00pm

Person In Charge:
Rosario Ortiz, Director
Senior Central Staff, Substation Location

Services:
A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Mission, Noe Valley, Bernal Heights, Buena Vista
Application:	Phone or walk in
Language:	English, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI bus lines: 14 Mission, 24 Divisadero, J Church to 30th Street Site; Substation Location: 14 Mission, 26 Valencia
Funding:	Commission on the Aging

SENIOR CENTRAL #7
Visitacion Valley/Excelsior/Portola Valley

66 Raymond Street
San Francisco, CA 94134

Phone(s):

(415) 330-1789
(415) 467-3757 Fax

Days & Hours:

Mon.-Fri.
8:30-4:30

Person In Charge:

Alice Smith, Director

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Visitacion Valley, Excelsior and Portola Valley
Application:	Phone or walk in
Language:	English
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 9X San Bruno Express, 15 Third Street
Funding:	Commission on the Aging

SENIOR CENTRAL #8
OMI/St. Francis Woods/Miraloma Park

446 Randolph Street
San Francisco, CA 94132-

Phone(s):
(415) 586-0450
(415) 586-4965 (Fax)

Days & Hours:
Mon.-Fri.
8-4

Person In Charge:
Romy Ayalin, Director

Services:
A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	OMI, St. Francis Woods and Miraloma Park
Application:	Phone or walk in
Language:	English, Chinese, Tagalog, Samoan, Korean
Accessibility:	Wheelchair accessible
Transportation:	MUNI: M-Ocean View
Funding:	Commission on the Aging

SENIOR CENTRAL #10

Outer Sunset

2451 Judah Street
San Francisco, CA 94122

Phone(s):

(415) 682-2800
(415) 682-2805 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5:00

Person In Charge:

Traci Dobronravova, Program Coordinator

Services:

A neighborhood-based information and referral service for seniors, caregivers and social service agencies. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	Outer Sunset
Application:	Phone or walk in
Language:	English, Cantonese, Mandarin, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI: N-Judah, 29 Sunset
Funding:	Commission on the Aging

SENIOR POWER
CA Association For Older Americans

325 Clementina Street
San Francisco, CA 94103-4104

Phone(s):
(415) 541-9629

Days & Hours:
Mon. - Fri.
9-3

Person In Charge:
Shirley Bierly, Director

Services:
Advocates for and educates seniors as to their rights. Provides information and referral. Will assist seniors who wish to apply for SSI. Offers recreational activities and field trips. Affiliated with the California Legislative Council for Older Americans and the National Council of Senior Citizens. Publishes the Senior Power Newsletter.

Fees:	None for services. Donations accepted for newsletter
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 30 Stockton, 45 Greenwich
Funding:	Grants, donations

SENIORNET

121 - 2nd Street, 7th Floor
San Francisco, CA 94105

Phone(s):

(415) 495-4990
(415) 495-3999 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5

Person In Charge:

Ann Wrixon, Executive Director

Services:

SeniorNet is an educational non-profit organization that teaches older adults how to use computer and communication technologies. SeniorNet currently has over 22,000 members and offers computer classes at 100 Learning Centers around the country. All of the instructors in SeniorNet Learning Centers are volunteers. SeniorNet also publishes a quarterly newsletter, Senior Net Newsline, as well as a variety of computer related information and materials. SeniorNet's Web address: http://www.seniornet.org.

Fees:	$25 annual membership
Eligibility:	Age 55 or over
Area Served:	San Francisco County and Bay Area, and 35 States and New Zealand
Application:	Walk-in or apply by mail
Language:	None
Accessibility:	Wheelchair accessible at all sites
Transportation:	Varies according to location
Funding:	Grants, membership fees, site fees

SERVICE CORPS OF RETIRED EXECUTIVES (SCORE)

455 Market Street, 6th Floor
San Francisco, CA 94105

Phone(s):

(415) 744-6827

Days & Hours:

Mon.-Fri.,
10-12, 1-2

Person In Charge:

Al Rose, Counselor, Public Relations
Jerry Haney, Chairman

Services:

A volunteer organization of retired business people (sponsored by the United States Small Business Administration) who share their management expertise with small business upon request. Assists in solving problems of an existing business or planning the opening of a new business. Volunteers' areas of expertise include accounting, finance, record keeping, taxes, marketing, advertising, retailing, manufacturing, sales and service business. Also conducts workshops for a small fee on how to start a business and selected subjects as indicated.

Fees:	Vary according to service
Eligibility:	No requirement
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo Counties
Application:	Apply by phone or mail
Language:	Interpreters (by arrangement)
Accessibility:	Elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - Market Street, 14 Mission, 42 Downtown Loop. MUNI Metro/BART - Embarcadero Station
Funding:	Federal (Small Business Administration)

SHARE NORTHERN CALIFORNIA
Self-Help and Resource Exchange

4075 Lakeside Drive
Richmond, CA 94806

Phone(s):

1 (510) 222-2506
1 (800) 499-2506
1 (510) 222-3007 Fax

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Raymond Dougherty, Director
Contact: Whoever answers phone

Services:

SHARE is a non-profit organization open to everyone! Pays $14 in cash or food stamps at the beginning of the month, volunteer for 2 hours during the month, and receive a $25-$30 package of fresh fruits, vegetables, meats, and more at the end of the month. Vegetarian packages also available. Order as many packages as you would like. The two hours of volunteering each month can be something you are already doing, such as caregiving for a neighbor or friend. There are over 250 SHARE Host Sites (registration and distribution points) throughout Northern California. Call 1-800-499-2506 for local Host Site information.

Fees:	See above description
Eligibility:	None
Area Served:	Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Solano, and Sonoma Counties. Many other counties are served throughout California
Application:	None
Language:	Spanish
Accessibility:	Varies by Host Site
Transportation:	Depends upon Host Site
Funding:	Self Sustained

SOUTH OF MARKET HEALTH CENTER

551 Minna Street (Russ)
San Francisco, CA 94103

Phone(s):

(415) 626-2951

Days & Hours:

Mon. - Thurs., 8-3 (Drop-in)
Fri., 8-12 (Drop-in)
Mon., 8-8pm (Clinic)
Tues.-Thurs., 8-5 (Clinic)
Fri., 8-1 (Clinic)

Person In Charge:

George Tardelli, MD, Medical Director
JoAnn Miller, Clinical Manager

Services:

A general family medical clinic whose services include prenatal care, family planning, pediatrics, adolescent medicine, hypertension screening, regular health maintenance, vision and hearing screening, adult care for chronic and acute illnesses. The homeless program provides health care counseling, outreach and clothing to homeless persons. Also provides individual, family, and child counseling. Provides referrals to other services.

Fees:	Sliding fee scale, Medi-Cal, Medicare, private insurance, MIA accepted
Eligibility:	San Francisco resident, we will see any sick patient coming into the clinic
Area Served:	San Francisco County, primarily South of Market District
Application:	Walk in or apply by phone. Appointment preferred
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog, other dialects), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission Street, Market Street Lines, BART - Civic Center Station
Funding:	Federal

SOUTHEAST ASIAN COMMUNITY CENTER

875 O'Farrell Street (Polk)
San Francisco, CA 94109

Phone(s):

(415) 885-2743

Days & Hours:

Mon. - Fri.
8-5

Person In Charge:

Philip Tuong Duy Nguyen, Executive Director

Services:

Provides services for refugees and immigrants including job placement, vocational training, on-the-job training. Small Business Development, social services, and community advocacy. The Language Bank provides translation and interpretation services. The AIDS program provides community outreach and education to Vietnamese, Laotians and Cambodians. This includes printed materials, trainings for social service workers on special needs of Southeast Asians and individual counseling for persons diagnosed with AIDS or ARC. Helps with naturalization applications.

Fees:	Vary according to income and service, for immigration and translation services; no fee for small business development and others
Eligibility:	Some services require legal refugee status
Area Served:	Alameda, Contra Costa, San Francisco and Santa Clara Counties
Application:	Apply by phone, appointment preferred
Language:	Cambodian, Chinese (Cantonese, Mandarin), French, Hmong, Japanese, Laotian, Russian, Vietnamese
Accessibility:	Wheelchair entrance at 80 Olive
Transportation:	MUNI - 31 Balboa, 38 Geary, 19 Polk, 5 Fulton
Funding:	City, state, federal, grants, donations

ST. ANNE'S HOME & SENIOR CENTER
Little Sisters Of The Poor

300 Lake Street (4th Avenue)
San Francisco, CA 94118

Phone(s):

(415) 751-6510

Days & Hours:

Mon.-Fri.
10-3:30

Person In Charge:

Sister Germaine, Activity Director
Carol Willis, Activity Asst.

Services:

St. Anne's Home is a residential facility for the aged providing care on three levels, independent, intermediate and infirmary care. Approximately 125 individuals live in the house. The Senior Center is a multipurpose senior activities center, which offers activities and events for seniors. Phone for a calendar of events and membership information.

Fees:	Vary according to income and service provided. None for Senior Center
Eligibility:	Vary according to service. All services are for low-income seniors (60+)
Area Served:	San Francisco County
Application:	Must be member, with application on file
Language:	Chinese, French, Filipino (Tagalog), Spanish
Accessibility:	Ramp wheelchair accessible/restroom
Transportation:	MUNI - 1 California, 2 Clement, 4 Sutter, 38 Geary
Funding:	Donations, St. Anne's Convalescent Hospital

ST. ANTHONY CLOTHING AND FURNITURE PROGRAM

Administrative Offices, Clothing

1185 Mission Street (8th)
San Francisco, CA 94103

101 Eighth Street (Mission) Donations
San Francisco, CA 94103

Phone(s):

(415) 241-8300 (donations, furniture program dishes and linen)
(415) 241-8503 (clothing information) & (Agency outreach info)
(415) 241-8300 (Furniture services info)

Days & Hours:

Mon.-Fri., 8:30-4 (office, donation drop off)
Mon.-Fri., 7:30 (lottery for men's clothing svcs)
Mon.-Fri., 10:30 (sign-up for family clothing svcs)
Mon., Tues., Wed., Fri., 2:00 (lottery for women's clothing services)
Tues., 12:15 (dishes & linen program lottery)
Mon.-Fri., 8:30-4:00 (donation pick-up, furniture information)
Mon., Wed., Fri., 12:30-3:00 (furniture svcs, by appt. only)

Person In Charge:

Parker Klee, Manager
Geneva Carroll, Clothing Svcs Coordinator
Jan Allen, Warehouse Coordinator

Services:

Free clothing is available to San Francisco families and individuals who are in great need and unable to purchase clothing on their own. There is a lottery for men's clothing services Monday through Friday at 7:30, men must have picture ID. The first 35 men selected in the lottery sign in for services in the order in which they were picked. Services begin at 8:30. Men can return every four weeks. A lottery at 10:30, Monday through Friday for free clothing for families with children. Families must have current Medi-Cal cards (cards for all family members, all at the same address) or a referral from the St. Anthony Social Work Center. Up to 20 families can be seen daily. Families can return every four weeks. There is a lottery for women's clothing services on Monday, Tuesday, Wednesday, and Friday at 2:00. The first 30 women selected in the lottery sign in for services at 1:30 in the order in which they were picked. Women can return every four weeks. There is a limited free furniture program for San Francisco residents transitioning from shelters & rehab program into permanent housing. Clients can only receive furniture once in a lifetime. Clients can call 241-8302 for eligibility information. Furniture is available by referral

ST. ANTHONY CLOTHING AND FURNITURE PROGRAM (continued)

Administrative Offices, Clothing

from certain agencies. Agencies should call 241-8300 for information. Dishes, linens, and small appliances are available to San Francisco residents in need with a referral from a social service agency once every twelve months. Dishes and linen services are offered on Tuesdays with a lottery at 12:15pm. Ten people are served each week. Donated clothing (especially men's and children's clothing, coats, and shoes), furniture, and household items in good condition (no rips, stains, carpets, large appliances, or magazines) are accepted at 101 - 8th Street (@ Mission), Monday through Friday, 8:30 - 4. Donations can be picked up in San Francisco by contacting 241-8300 between 8:30am - 3:00pm. The Distribution Center also works with social service agencies to arrange special distribution of free clothing. Clothing may be outreached to agencies based on availability.

Fees:	None
Eligibility:	San Francisco residents in need. To access family clothing services, must have valid Medi-Cal card or a referral from St. Anthony Social Work Center. To access dishes and linen services, clients must have a referral from a social service agency. Call 241-8300 to determine eligibility for furniture program. Clothing clients will be asked to show photo I.D.
Area Served:	City and County of San Francisco
Application:	For furniture program
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street Lines, 14 Mission, MUNI Metro/Bart: Civic Center Station
Funding:	Donations

ST. ANTHONY FOUNDATION
St. Anthony Free Medical Clinic

105 and 107 Golden Gate Avenue
San Francisco, CA 94102

Phone(s):

(415) 241-8320

Days & Hours:

Mon.-Fri., 8-4:30, Closed on Wed.
1-4:30
Podiatry: Tues & Thurs.
Drop-in 1:30-4

Person In Charge:

Beryl Shaw, R.N., Clinic Administration

Services:

A primary care medical clinic for low-income adults, families, and children. Most services are for individuals less than 60 years of age. However, podiatry services are open for people of all ages.

Fees:	All services are free
Eligibility:	SF residents who are less than 60 yrs of age and have no health insurance
Area Served:	San Francisco County
Application:	Drop-in
Language:	Chinese (Cantonese, Mandarin), Laotian, Spanish, Vietnamese, Thai, by appointment: Russian, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines, 19 Polk, 5 Fulton, 31 Balboa
Funding:	St. Anthony Foundation, donations We will have this is the SIS program but not in the resource guide

ST. ANTHONY FOUNDATION
Senior Services

121 Golden Gate Avenue (Jones)
San Francisco, CA 94102

Phone(s):

(415) 241-2660 Senior Services
(415) 241-2670 Living Room

Days & Hours:

Mon.-Fri., 8-4:30
Mon.-Fri., 10-3, Closed on Wed.

Person In Charge:

Melanie Goldfield, Program Manager
Nicole Clause, Living Room Coordinator

Services:

A multi-service senior program that offers an array of services including case management with rep payee services, information and referral services, and a spiritual outreach program. The Living Room located at 135 Golden Gate Avenue, 2nd Floor, provides a safe and quiet place for Tenderloin seniors to gather. Publishes Senior Connections, a bi-monthly newspaper with information and articles for seniors.

Fees:	None
Eligibility:	Vary according to service. Most services are for low-income seniors
Area Served:	San Francisco County, primarily Tenderloin district
Application:	Walk in or apply by phone. Drop in hours for case management are every day but Wednesday
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street Lines, 5 Fulton, BART - Civic Center Station
Funding:	Donations

ST. BENEDICT'S CENTER FOR THE DEAF AND HARD OF HEARING

1801 Octavia Street
San Francisco, CA 94109

Phone(s):

(415) 567-9855
(415) 567-0438 TDD

Days & Hours:

Mon.-Fri.
10-3

Person In Charge:

Reverend Daniel Adams

Services:

Provides religious and social services to hearing impaired persons, their families and friends. Offers individual and family counseling, information and referral, and Sunday Mass (at 10:30 am in sign language). Teaches sign language. Provides information and education about AIDS to hearing impaired persons.

Fees:	Vary according to income for counseling. All other services are free
Eligibility:	Hearing impaired persons, their families and friends
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk in or apply by phone
Language:	Sign
Accessibility:	Interpreter for the deaf
Transportation:	MUNI - 1 California, 4 Sutter, 2 Clement, 38 Geary
Funding:	Donations, fees

ST. FRANCIS MEMORIAL HOSPITAL
Acute Rehabilitation Center

900 Hyde Street, 7th Floor
San Francisco, CA 94109

Phone(s):

(415) 353-6271
(415) 353-6270 Unit Manager

Days & Hours:

Person In Charge:

Cindy Franks, Program Director

Services:

Offers a comprehensive in-patient rehabilitation program for patients with limitations in the following functional areas: mobility, self-care, eating, grooming, dressing, bathing, toileting, communication, social interaction, memory, and problem solving. These functional limitations are most frequently a result of one of the following medical conditions: stroke, major multiple trauma, brain injury, spinal cord injury, amputations, fractures of the femur or hip, congenital deformities, polyarthritis, and degenerative neurological disorders (including Multiple Sclerosis, Muscular Dystrophy, Parkinson's, Guillian Barre, and polyneuropathy). Services include medical management, rehabilitation, nursing, a minimum of three hours a day of physical, occupational therapy and speech therapy, as well as social work case management services, patient and family education, and counseling services for patients and for families.

Fees: Private insurance, Medicare & Medi-Cal, and Workers' Comp

Eligibility: Individuals with one of the following medical conditions: Stroke, major multiple trauma, brain injury, spinal cord injury, amputations, fractures of the femur or hip, congenital deformities, polyarthritis, and degenerative neurological disorders

Area Served: San Francisco and the Bay Area

Application: Apply by phone

Language: Cantonese, Mandarin dialects and Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI

Funding: Medicare, Commercial insurance, Medi-Cal, Workers Comp

ST. FRANCIS MEMORIAL HOSPITAL

Healthwise Senior Program

900 Hyde Street, 1st Floor
San Francisco, CA 94109

Phone(s):

(415) 353-6565

Days & Hours:

Mon.-Fri.
9:30-5

Person In Charge:

Bill Verducci, Manager
Healthwise Senior/Community Outreach

Services:

Medicare membership program offers information & referral, physician referral, insurance counseling, health & safety education, free blood pressure screening, physician lectures, van transportation, prescription/dental/meal discount, exercise and Tai Chi classes, and computer learning center. Lifeline emergency response system.

Fees:	Free membership (minimal charge for fitness classes, Lifeline services, computer classes)
Eligibility:	Varies; age 50 and over
Area Served:	San Francisco and surrounding areas
Application:	1 page application; apply by mail or call
Language:	Interpreter (by arrangement)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 27 Leavenworth, 30 Stockton, 47 Van Ness to 1 California, 38 Geary, California Street Cable Car
Funding:	Non-profit

ST. MARY'S HOSPITAL AND MEDICAL CENTER
Adult Day Health Center (ADHC)

35 Onondaga (Ocean)
San Francisco, CA 94112

Phone(s):

(415) 334-4000
(415) 334-0819 Fax

Days & Hours:

Mon.-Fri.
8:30-5

Person In Charge:

Shirley Locke, Social Worker
Daniel Ostrow, Administrator

Services:

Offers a comprehensive day program of health, rehabilitation and social services for frail elders and disabled adults. Services include social services, nursing and personal care, physical, speech and occupational therapy, hot noon meal, health education, and transportation. Offers recreational and social activities including arts, crafts, entertainment, and outings. Also located at this center is a specialized day care program for persons with Alzheimer's disease.

Fees:	Vary according to income. Medi-Cal accepted
Eligibility:	San Francisco resident, frail elderly or disabled adult
Area Served:	San Francisco County: Alemany, Cayuga, Crocker-Amazon, Excelsior, Ingleside, Merced Heights, Ocean View, Outer Bernal Heights, Outer Mission, Portola, Visitacion Valley districts
Application:	Apply by phone
Language:	Spanish, Tagalog, English, Russian, Mandarin, Cantonese
Accessibility:	Wheelchair accessible/restroom
Transportation:	Van transportation
Funding:	Donations, grants, fees

ST. MARY'S HOSPITAL AND MEDICAL CENTER

Senior Life Services

450 Stayan Street (Hayes)
San Francisco, CA 94117

Phone(s):

(415) 750-5800 Senior Services
(415) 750-5785 Physicians Referral
(415) 750-5888 Gold Card Dining
(415) 750-5530 Mercy Line

Days & Hours:

Mon.-Fri., 9-5
Mon.-Fri., 9-3 (Mercy Line)

Person In Charge:

Katie Giomi, Program Director

Services:

Provides a variety of services for seniors including health education, fitness program, physician referral, discount on meals served at the hospital cafeteria, and a newletter. The Mercy 65 Plus Program offers cost reductions for Medicare beneficiaries and assistance with health insurance. Mercy Line is a medical emergency response system which provides disabled or ill individuals with a system to request immediate help. Monitored on a 24-hour basis at the hospital.

Fees:	Vary according to service
Eligibility:	No requirements
Area Served:	Marin, San Francisco, and San Mateo Counties
Application:	Apply by phone or mail
Language:	Interpreter (by arrangement)
Accessibility:	Elevator, ramp, wheelchair accessible
Transportation:	MUNI - 5 Fulton, 21 Hayes
Funding:	Donations, grants, client fees

ST. MARY'S MEDICAL CENTER
Ben Berman Out-Patient Rehabilitation Center

450 Stanyan Street, 4th Floor
San Francisco, CA 94117

Phone(s):
(415) 750-4978

Days & Hours:
Mon.-Fri.
8-4:30

Person In Charge:
Cheryl Dajezak, Mgr, Therapy Services

Services:
A comprehensive outpatient rehabilitation facility which provides physical, occupational and speech therapies to persons of all ages with disabilities. Also offered are various support groups, neuropsychological counseling, social services, Breast Rehabilitation Program and recreational therapy programs. Many links to community programs such as John Adams Community College and RCH, Inc. (formerly the Recreational Center for the Handicapped).

Fees:	Covered by Medicare Part B, Medi-Cal, as well as most insurances
Eligibility:	Must have physician referral
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Interpreters available
Accessibility:	Ramp, wheelchair accessible/restroom
Transportation:	MUNI - 21 Hayes. Van transportation can be arranged
Funding:	St. Mary's Medical Center, CHW West Bay

ST. MARY'S MEDICAL CENTER
Sister Mary Philippa Health Center

2235 Hayes Street, 5th Floor
San Francisco, CA 94117

Phone(s):

(415) 750-5500

Days & Hours:

Mon.-Fri.
8:30-4:30

Person In Charge:

Mark Sockell, Medical Director

Services:

A comprehensive health care program providing primary and specialty outpatient care. Clinics include: allergy, arthritis, cardiology, chest, dermatology, diabetes, ear/nose/ throat, endocrinology, eye, gastrointestinal, general medicine, gynecology, hematology, neurology, neurosurgery, orthopedics, pediatrics (cardiology and orthopedic), podiatry, proctology, psychiatry, renal, surgery, urology, and vascular surgery. Also offers dietician counseling, social work services and health education.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Resident of area served
Area Served:	Marin, San Francisco and San Mateo Counties
Application:	Walk in for registration. Appointment necessary for clinics
Language:	Cambodian, Chinese (Cantonese, Mandarin), French, German, Laotian, Spanish, Vietnamese
Accessibility:	Wheelchair accessible, elevator ramp
Transportation:	MUNI - 5 Fulton, 21 Hayes, 33 Stanyan
Funding:	Client fees, donations

ST. VINCENT DE PAUL SOCIETY OF SAN FRANCISCO
Administration

425 - 4th Street, #103
San Francisco, CA 94107

Phone(s):

(415) 977-1270

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Michael J. Romo, Executive Director

Services:

Offers a variety of social services that promote human dignity through 30 Catholic parishes and several formal social service program components. These include temporary assistance of food, clothing, and lodging for needy persons, home and institutional visitation to the sick, the elderly, the imprisoned, and the poor, alcohol detoxification, counseling, residential treatment, vocational rehabilitation, senior group activities, a shelter for women who are victims of violence and a multiservice center for homeless men. The programs are described separately.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in, apply by phone, or referral
Language:	Filipino (Tagalog), Spanish
Accessibility:	Main entrance wheelchair accessible ramp
Transportation:	Various
Funding:	Donations

ST. VINCENT DE PAUL SOCIETY OF SAN FRANCISCO

Ozanam Reception Center

1175 Howard Street (8th Street)
San Francisco, CA 94103

Phone(s):

(415) 621-6471 Reception
(415) 864-0296 Drop in Center

Days & Hours:

Mon.-Fri., 9-12, 1-4 (Drop-in)
24 hours daily (Dextox)

Person In Charge:

Rosemary Macleod, Director

Services:

Operates the following services:

DROP-IN CENTER for substance abusers. Case management, payee services, daily support groups, free clothing (8:30 A.M., first ten people), call in morning to order emergency food boxes.

WITHE RECEPTION CENTER and HOWARD STREET DETOX. Open 24 hours. Entry point for male and female substance abusers seeking short or long term treatment. Assessment, detox and referral to other programs. Stay: 1 to 5 days.

Fees:	$10 fee for Howard St. Detox, however, no one will be denied service for lack of funds
Eligibility:	Substance abusing men and women
Area Served:	San Francisco County
Application:	Walk in or referral
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission, 19 Polk, MUNI Metro/BART - Civic Center Station. Also, Mobile Assistance Patrol will transport
Funding:	Community Substance Abuse Services, grants, etc.

SUNSET SENIOR CENTER
Christ Lutheran Church

1090 Quintara Street (20th Avenue)
San Francisco, CA 94116

Phone(s):
(415) 759-9507

Days & Hours:
Mon.-Fri.
9-2

Person In Charge:
Peggy Dreer

Services:
Provides lunch and an activity program for seniors. Recreational activities include films, Tai Chi, bingo, nutrition and health education, health screening, entertainment, music, Line dance, square dance, and Hawaii dance classes.

Fees:	$1.25 suggested lunch donation
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Sunset and Richmond
Application:	None
Language:	Chinese, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 29 Sunset, 71 Noriega, L Taraval, 28 19th Avenue
Funding:	Donations, Salvation Army, Commission on the Aging

TELEGRAPH HILL NEIGHBORHOOD CENTER

660 Lombard Street (Mason)
San Francisco,CA 94133

Phone(s):	Days & Hours:
(415) 421-6443 Ext. 10 Office	Mon.-Fri., 10-5pm
(415) 421-6444 Ext. 16 Children's Center	Mon.-Fri., 7:30-6pm
(415) 421-6464 Ext. 20 Youth Program	Mon.-Fri., 10-7pm
(415) 421-6443 Ext. 10 Senior Program	Mon.-Fri., 9-2pm
(415) 421-6443 Ext. 13 Community Organizing	Mon.-Fri., 10-6pm

Person In Charge:

Denise McCarthy, Executive Director
Ruby Gim, Director of Senior Services
Lisa C. Romano, Interim Director of Children's Center
Lisa C. Romano, Director of Youth Program
Gentle Blyth, Community Organizer

Services:

Telegraph Hill Neighborhood Center (Tel-Hi) is a non-profit resource of self-help and empowerment for the people who live and work in North Beach, Chinatown, and Fisherman's Wharf. Tel-Hi provides multicultural and multilingual services for children, youth, families, and seniors; access to health care; and community planning and economic development.

Tel-Hi Senior Program provides a complete range of educational, recreational, and social activities in an effort to provide seniors a full, productive, and independent life style. Additionally, a hot and nutritious lunch is served daily. Supportive social services and consumer advocacy outreach is provided for resources and referrals. Weekly activities include international line dancing, bingo, blood pressure screening, daily Tai-Chi classes, guest speakers provide health and educational information, and local outings and tours. On-going services such as Tax assistance by AARP Tax Aide, low-cost flu shots, Muni pass, are also provided.

Fees:	Vary according to service.
Eligibility:	Some programs have age and income requirements
Area Served:	San Francisco County, primarily North Beach, Chinatown
Application:	Please call for information
Language:	Chinese, Italian, Spanish (by arrangement)
Accessibility:	Ramp, wheelchair accessible/restroom

TELEGRAPH HILL NEIGHBORHOOD CENTER (continued)

Transportation: MUNI - 15 Kearny, 30 Stockton, 42 Downtown Loop, Powell and Mason cable car

Funding: Foundations and Corporations Grants; Donations; Local and State Grants

TEMPLE BAPTIST CHURCH
Senior Center

3355 - 19th Street
San Francisco, CA 94132

Phone(s):

(415) 566-4080

Days & Hours:

Mon., 10:30 - 1
(September-June)

Person In Charge:

Joan Dahlstrom, Facilitator

Services:

A senior center offering small group discussion sessions, crafts and total group involvement in exercise, lunch and program time or occasional outings. Provides an atmosphere conducive to meeting new people and developing friendships.

Fees:	Hot lunch $2
Eligibility:	Senior citizen age 55 or over
Area Served:	San Francisco County, Park Merced, Stonestown districts
Application:	Walk in or apply by phone
Language:	None
Accessibility:	Wheelchair accessible, special parking
Transportation:	MUNI Metro - M Oceanview, 28 - 19th Avenue stop within 1 block
Funding:	Church

UCSF/MOUNT ZION
Home Care

3330 Geary Boulevard, 1st Floor
San Francisco, CA 94118

Phone(s):

(415) 476-8287
(415) 476-9164 Intake Coordinator

Days & Hours:

Daily
8am-8pm (Office hours)

Person In Charge:

Shirley Dauchan, Intake Coordinator

Services:

Provides skilled services in an individual's home under the direction of a physician. Patients must be in need of nursing care or rehabilitative services such as physical or speech therapy to qualify for Medicare reimbursed services. Medical social work, home health aide and occupational therapists are available, as needed.

Fees:	Vary according to service, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Must be under a doctor's care and a resident of the area served
Area Served:	Marin, San Francisco, San Mateo, Sonoma Counties and the East Bay
Application:	Apply by phone
Language:	Chinese (Cantonese), Filipino (Tagalog), Russian, Spanish
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary
Funding:	Insurance Reimbursement

UCSF/MOUNT ZION
Outpatient Department

2380 Sutter Street
San Francisco, CA 94115S

Phone(s):
(415) 885-7477

Days & Hours:
Mon. - Fri.
9-5

Person In Charge:
Anne Marie Kneuker, Clinic Administrator

Services:
Provides comprehensive medical and psychological evaluation, treatment and consultation for health problems for people of all ages.

Fees:	Vary according to income and service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone (415) 885-7477
Language:	Russian, Interpreters (by arrangement)
Accessibility:	Elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary
Funding:	Mount Zion Hospital

UCSF STANFORD HEALTH CARE
UCSF Mount Zion Lakeside Sr Medical Ctr

2501 Ocean Avenue
San Francisco, CA 94132

Phone(s):

(415) 586-8600

Days & Hours:

Mon.-Fri.
8:30-5

Person In Charge:

Dr. Daniel Pound, Medical Director
Carolyn Buretta, Practice Manager
Contact Person: Mary Lu Murphy, Social Worker
Regina Creed, Administrative Assistant

Services:

Provides primary medical care to individuals age 65 and over who have Medicare Parts A&B. Other services include lab, podiatry, social work, patient care management, patient & family counseling and a self-care library. Psychotherapy is offered on site by the Mount Zion Gero-psychology Program. As a part of Brown and Toland Medical Group, Lakeside Senior Medical Center accepts Medicare, Medi-Cal and most medicare HMOs.

Fees:	See above
Eligibility:	See above
Area Served:	San Francisco
Application:	Apply by phone
Language:	Spanish, Norwegian, Tagalog, German, other language translation by arrangement
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 28 - 19th Ave., 17 Parkmerced, Muni Metro - K Ingleside, M Oceanview
Funding:	UCSF and Insurances

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
Beckman Vision Center

8 Kirkham Street
San Francisco, CA 94143-0644

Phone(s):
(415) 476-3700

Days & Hours:
Mon. - Fri.
9-5

Person In Charge:
Kathleen Gordon, M.D.

Services:
A comprehensive outpatient eye facility which provides diagnosis and treatment of eye diseases and disorders. Specialty clinics include cornea, glaucoma, oncology, pediatrics, plastic surgery, retina, uveitis, and external eye disease.

Fees:	Vary according to income and service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francicso and San Mateo Counties
Application:	Apply by phone. Appointment necessary
Language:	French, German, Polish
Accessibility:	Ramp, elevator, wheelchair accessible/restroom, parking/handicapped parking
Transportation:	MUNI - 6 Parnassus, 66 Quintara, 43 Masonic, MUNI Metro- N-Judah
Funding:	Patient, fees, state

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
Center On Deafness

3333 California Street, Suite 10
San Francisco, CA 94143-1208

Phone(s):

(415) 476-4980 Voice
(415) 476-7600 TDD

Days & Hours:

Mon.-Thurs. 8:30-5
Evenings by appointment only

Person In Charge:

Nancy Moser, LCSW, Clinical Director

Services:

Provides outpatient mental health services to deaf or hearing impaired children, adults and their families. Services include individual, couples and family psychotherapy and counseling, psychiatric, psychological and neuropsychological evaluations, evaluation for and management of psychotropic medications, consultation to families, schools and the community. Mental health and psychosocial support services for individuals and HIV/AIDS and hearing loss (SF residents only).

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: Eligibility to be screened by phone intake worker

Area Served: San Francisco, Alameda, Solano and Contra Costa Counties' residents who meet eligibility. For third party payments or insurance, can serve individuals from the entire Bay Area or Northern California

Application: Apply by phone. Appointment necessary

Language: American Sign, Signed English

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 3 Jackson, 4 Sutter, 2 Clement, 43 Masonic

Funding: City, county, state, federal

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
Dental School

707 Parnassus Avenue, Room D-100
San Francisco, CA 94143

Phone(s):

(415) 476-1891
(415) 476-1778 TTY/TDD
(415) 476-0409 Fax

Days & Hours:

Mon. - Fri.
9-12, 2-5

Person In Charge:

Call 476-1891 for Intake Exam Appointment

Services:

Dental services for patients, treatment performed by dental students under supervision. Treatment can be slow. Plan on each appointment being 3 hours. Costs of travel and numerous appointments should be weighed against expected savings. By appointment only (non-emergency).

Fees:	Approximately 1/2 of regular dental fees. Charges paid as treatment progresses. Insurance and Medi-Cal accepted. Intake exam, complete x-rays $50. Accepts cash, check, Visa, Master Card
Eligibility:	Call for appointment
Area Served:	------
Application:	Call for Intake Exam Appointment
Language:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI Metro - N Judah
Funding:	State, patient fees

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
San Francisco General Hospital
Family Dental Center

1001 Potrero Avenue, Building 20
San Francisco, CA 94110

Phone(s):

(415) 476-5692
(415) 476-0416 Fax

Days & Hours:

Mon.-Fri., 8-5 (Administration)
Mon.-Fri., 9-4:30 (Appts.)

Person In Charge:

Nelson Artiga, DDS., MPH, Clinic Director

Services:

Provides comprehensive dental care, including fillings, dentures, bridges, root canals, oral surgery, dental hygiene and education. Long wait for orthodontic and periodontic work (referral to main campus clinic). A special clinic provides maxillo-facial rehabilitation (facial reconstruction) and treatment of cleft palate inquire at regular clinic. Clinic reserves rights to reject patient who requires unusually extensive or complex work, though this is rarely done. Drop-in to make an appointment for screening exam which includes mandatory full mouth x-rays. Subsequent treatment may not begin for as much as two to three weeks. Emergency patients who come in for immediate care should know that they may have to wait for treatment. In general, care is much less expensive than from a private dentist but will probably take three to four times longer to complete. Speciality clinic services are referred to the University of California Dental Clinic on Parnassus Ave. Follow-up to specialty care provided.

Fees:	Emergency fee is $50. X-ray is $44, examination fee is $21, both fees (total $65) must be paid in advance. Other fees vary according to service. Medi-Cal, private insurance accepted
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo
Application:	Walk in
Language:	Spanish, others (by arrangement)
Accessibility:	Elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 47 Van Ness, 48 Quintara, 33 Ashbury, 9 San Bruno
Funding:	State, fees

UNITED CEREBRAL PALSY OF SAN FRANCISCO

660 Market Street, #401
San Francisco, CA 94104

Phone(s):

(415) 627-6939

Days & Hours:

Mon. - Fri.
9-5

Person In Charge:

Michael Williams, Executive Director

Services:

For persons with cerebral palsy and other physical/developmental disabilities and their families. Services include counseling for individuals and family, crisis intervention/ emergency assistance, individual and public advocacy, professional and public education, and general information and referral. Financial assistance available for recreation programs to those in need. Programs include: Southeast Asians with Disabilities (SEAD) Program provides services such as advocacy and education to refugees with disabilities and their families. Project Opportunity and choices provide instruction and support to persons with develop-mental disabilities for a variety of community/recreational activities. It also provides individualized job-finding services, training and support for employees, co-workers and employers. Choices provides employment and community inclusion services in Alameda and Contra Costa counties.

Fees:	None for most services
Eligibility:	Persons with cerebral palsy and other physical/developmental disabilities and their families
Area Served:	San Francisco County
Application:	By phone
Language:	Tagalog, Mandarin, Vietnamese, Cambodian
Accessibility:	Wheelchair accessible, elevator, restroom
Transportation:	MUNI - Market Street lines. MUNI Metro/BART - Montgomery Street Station
Funding:	Grants, donations, government fees

UNITED STATES GOVERNMENT
Social Security Administration
Bayview Hunter's Point Branch Office
3801 Third Street, Suite 280
San Francisco, CA 94124

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-5325 Office

Days & Hours:

Mon.-Fri., 7am - 7pm
(Teleservice and TTY)
Mon.-Fri., 9-4:30 (Office)

Person In Charge:

LaVonne Rayford-Wilson, Branch Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people age 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Information about qualifications and the documents which must be submitted with the application is provided at the time the appointment is made.

Fees:	None
Eligibility:	Vary according to age, income, med. records and work history
Area Served:	San Francisco County, primarily zip codes 94107, 94124, 94134
Application:	Walk in, apply by phone or mail
Language:	Filipino, Spanish, Samoan
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 15 Third, 19 Polk, 54 Felton, 44 O'Shaughnessy
Funding:	Federal

UNITED STATES GOVERNMENT
Social Security Administration
Chinatown Branch Office

560 Kearny (Sacramento)
San Francisco, CA 94108

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 705-1065 Office

Days & Hours:

Mon.-Fri., 7am - 7pm
(Teleservice & TTY)
Mon.-Fri., 9-4:30

Person In Charge:

Lillian Lau, Branch Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, call first for information about qualifications and documents which must be submitted with the application. Applications are taken on a first come, first served basis. You may request an appointment.

Fees:	None
Eligibility:	Vary according to age, income, medical records and work history
Area Served:	San Francisco (zip codes 94108, 94133, 94111) and Bay Area Counties
Application:	Walk in, apply by phone or mail
Language:	Chinese (Cantonese, Mandarin), Russian, Spanish
Accessibility:	Wheelchair accessible through 560 Kearny
Transportation:	MUNI - 15 Third, 1 California, 9X San Bruno Express, California Street Cable Car
Funding:	Federal

UNITED STATES GOVERNMENT
Social Security Administration
Civic Center District Office
939 Market Street, 1st Floor
San Francisco, CA 94103

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 744-5750 General
(415) 744-5760 SSI Inquiries
(415) 744-5750 Social Security Inquiries

Days & Hours:

Mon.-Fri., 7 am - 7 pm (Tele-service and TTY)
Mon.-Fri., 9-4:30 (Office)

Person In Charge:

Grace Williams, Field Office Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone. Call first for information about qualifications and the required documents to submitted with the application. Applications are taken on a first come, first served basis. An appointment can be requested, if preferred.

Fees:	None
Eligibility:	Vary according to age, income, medical records and work history
Area Served:	San Francisco Co. primarily zip codes 94102-94105, 94109, 94119-94121, 94123, 94129, 94130, 94139
Application:	Walk in, apply by phone or mail
Language:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines. MUNI Metro/ BART - Civic Center Station
Funding:	Federal

UNITED STATES GOVERNMENT
Social Security Administration
Mission District Office

1098 Valencia Street (22nd Street)
San Francisco, CA 94110

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY

Days & Hours:

Mon.-Fri., 7am - 7pm (Tele-service and TTY)
Mon.-Fri., 9-4:30 (Office)

Person In Charge:

Betsy Lutz, Assistant District Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. It is advisable to call first for information about qualifications and the documents to be submitted with the application.

Fees:	None
Eligibility:	Vary according to age, income, medical records and work history
Area Served:	San Francisco County, primarily zip code 94107, 94110, 94112, 94114
Application:	Walk in, apply by phone or mail
Language:	Filipino (Tagalog), Italian, Spanish
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - Bus lines 26 Valencia, 14 Mission, 49 City College, BART - 24th Street Station
Funding:	Federal

UNITED STATES GOVERNMENT
Social Security Administration
Parkside Branch Office

1569 Sloat Blvd., Suite 300
San Francisco, CA 94132

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-4078 (Office)

Days & Hours:

Mon.-Fri., 7am-7pm (Tele-service & TTY)
Mon.-Fri., 9-4:30 (Office)

Person In Charge:

Ben Gryn, Field Office Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Phone first for information about qualifications and the documents which must be submitted. Walk in applicants are seen on a first come, first served basis.

Fees:	None
Eligibility:	Vary according to age, income, med. records and work history
Area Served:	San Francisco County, primarily zip codes 94116, 94122, 94127, 94128, 94131, 94132
Application:	Walk in, apply by phone or mail
Language:	Spanish, will help obtain translator services as needed
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 23 Monterey
Funding:	Federal

UNITED STATES GOVERNMENT
Social Security Administration
Western Addition Branch Office

1405 Fillmore Street
San Francisco, CA 94115

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-9325 Office
(415) 556-3473 SSI only

Days & Hours:

Mon. - Fri., 7am - 7pm
(Teleservice Center & TTY)
Mon.-Fri., 9-4:30 (Office)

Person In Charge:

Mike Gerber, Branch Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security card applications available.

Fees:	None
Eligibility:	Vary according to age, income, med. records and work history
Area Served:	San Francisco County, primarily zip codes 94115, 94117, 94118
Application:	Walk in, apply by phone or mail
Language:	Russian, Cantonese. Recommend non-English speaking persons bring in an interpreter
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 22 Fillmore, 38 Geary, 31 Balboa
Funding:	Federal

UNITED STATES GOVERNMENT
Veterans Administration Medical Center

4150 Clement Street (42nd Avenue)
San Francisco, CA 94121

Phone(s): **Days & Hours:**

(415) 221-4810	Mon.-Fri., 8-4:30 (Office)
(800) 706-9676	24 hours daily

Person In Charge:
Sheila M. Cullen, Acting Director

Services:
Provides general medical surgical and psychiatric services for veterans. Inpatient and outpatient services include: arthritic rheumatology, cardiology, dermatology, endocrinology, eye, ear, nose, and throat, gastrointestinal, hermatology, hemodialysis, homeless care, infectious disease, medical research, neurology, neurosurgery, nuclear medicine, heart surgery, ophthalmology, orthopedic, plastic surgery, podiatry, psychiatric,substance abuse, respiratory care, general surgery, social work, and comprehensive women's services. Offers limited dental care, eye glasses, and other prosthetics based on eligibility.

Fees:	Vary according to eligibility category. Private insurance accepted.
Eligibility:	Veterans with other than dishonorable discharge, eligibility individually determined.
Area Served:	Marin, San Francisco, San Mateo, Humboldt, Mendocino, Napa, and Sonoma counties
Application:	Appointment and walk-in, preferably during office hours
Language:	Chinese, Filipino (Tagalog), Japanese, Spanish, Russian (by arrangement)
Accessibility:	Special parking, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary (Fort Miley)
Funding:	Federal

UNITED STATES GOVERNMENT
Veterans Administration Medical Center
Substance Abuse Program

4150 Clement Street (42nd Avenue)
San Francisco, CA 94121

Phone(s):
(415) 750-2127 Outpatient
(415) 750-2127 Triage

Days & Hours:
Mon.-Fri., 8-4:30 (Office)
Mon.-Fri., 1-3:30 (Triage)

Person In Charge:
Peter Banys, M.D., Director

Services:
A substance abuse treatment program for veterans. The outpatient clinics provide individual, family and group counseling, a complete education series including family education, and recreational activities. The program includes individual, family and group therapy, vocational services, 12 step meetings, occupational therapy, education, psychiatric and medical services and a variable length outpatient follow-up program. Non-veteran patients may also enroll in treatment programs for alcoholish, heroin addiction and cocaine abuse if they are willing to participate in medical studies.

Fees:	None
Eligibility:	Veterans with honorable or general discharge. Non-veterans must be willing to participate in medical studies
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo counties, Northern California
Application:	Walk in Monday - Friday, 1:00 - 3:30 pm, Substance Abuse Triage Clinic, Bldg. 8, Room 124
Language:	Lithuanian, Spanish (by arrangement)
Accessibility:	Special parking, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary (Fort Miley)
Funding:	Federal

UNIVERSITY OF THE PACIFIC (UOP)
Dental Clinic

2155 Webster Street (Sacramento)
San Francisco, CA 94115

Phone(s):

(415) 929-6400 Information
(415) 929-6555 Orthodontic Clinic
(415) 929-6501 Main Clinic
(415) 929-6550 Pediatric Clinic

Days & Hours:

Mon.-Fri.
9-5

Person In Charge:

Dr. Ronald F. Borer, Associate Dean, Clinic

Services:

Provides comprehensive general dental care, including fillings, dentures, bridges, root canals, oral surgery, limited periodontic work. Dental work is performed by students under supervision. No appointment is necessary for screening exams, which are given at 8:30 am - 12:30 pm, Monday through Friday. Emergencies can be seen at 8:30 am and 12:30 pm on a 1st come 1st served basis. Clinic is closed during standard school holiday periods and between academic quarters - phone to check. Emergency room remains open, however. For orthodontic consultations, phone for appointment. Children's Clinic emergency by appointment only.

Fees: $19 preliminary exam & $48 fullmouth x-ray. $20 - $100 for emergencies. Payable in full at time of visit. Generally fees are 30% - 40% less than private practice, discount on partial and complete dentures for seniors. Accepts Medi-Cal or dental insurance

Eligibility: No requirements

Area Served: Bay Area Counties, all people are welcome

Application: Walk in at 8:30 am or 12:30 pm for screening. Apply by phone for orthodontics

Language: Cambodian, Chinese (Cantonese, Mandarin), Farsi, Tagalog, French, German, Japanese, Russian, Spanish (by arrangement)

Accessibility: Freight elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 1 California, 3 Jackson, 24 Divisadero, 22 Fillmore

Funding: University, fees

VISITACION VALLEY COMMUNITY CENTER

50 Raymond Avenue (Bayshore Blvd)
66 Raymond Avenue (Senior Center)
San Francisco, CA 94134

Phone(s):

(415) 467-6400 Childcare
(415) 467-4499 Senior Program

Days & Hours:

Mon.-Fri., 9-5
Mon.-Fri., 7-6 (Childcare)
Daily, 9-5 (Senior Program)
Sat., 10-2, Sun., 9-4:30

Person In Charge:

Julie Kavanagh, Executive Director
Patricia Crocker, Senior Program Director

Services:

A community center for all ages. Provides neighborhood recreational and cultural activities as well as community organization and development. Childcare is provided to children through a daycare center, a preschool program, and an after-school program. Sponsors the Visitacion Valley Youth Program which provides activities at various locations, including after-school employment, summer jobs, gang prevention programs, recreation and sports. Senior center program offers hot lunches, arts and crafts, socialization, health education, field trips, etc. A food distribution service is available four days a week 9-12 noon.

Fees:	Vary according to income for childcare. $1.25 donation for senior lunch. Other programs free
Eligibility:	Low-income resident of area served. For childcare, age 2-11
Area Served:	San Francisco County, primarily Visitacion Valley District. San Mateo County
Application:	Walk in or apply by phone
Language:	Chinese, Spanish, Filipino (Tagalog)
Accessibility:	Ramp, wheelchair accessible/restroom
Transportation:	MUNI - 9 San Bruno, 9X San Bruno Express, 15 Third Street
Funding:	City (COA, Mayor's Office of Children, Youth and Families Neighborhood Arts), state, United Way, grants, donations

VISITACION VALLEY SENIOR CENTER

66 Raymond Avenue (Bayshore)
San Francisco, CA 94134

Phone(s):

(415) 467-4499

Days & Hours:

Mon.-Fri., 9-5pm
Sat.-Sun., 9-1pm

Person In Charge:

Pat Crocker, Director

Services:

A multi-purpose senior center for residents of the Visitacion and Portola Valley Districts. Provides sewing, game time, ceramics, recreation, painting class, ice cream social, movies, lunch and dinner outings, free and discount tickets, day trips, overnight trips, trips to Reno, bingo, parties and guest speakers. Serves a lunch 365 days a year and participates in a food commodities program. Provides blood pressure checks, escorted grocery shopping, information and referral, support services, outreach, health services and grievance counseling.

Fees:	Suggested lunch donation $1.25
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Visitacion Valley and Portola Valley Districts
Application:	Walk in
Language:	Chinese, Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 15 Third
Funding:	County (Commission on the Aging)

VISITING NURSES AND HOSPICE OF SAN FRANCISCO

Coming Home Hospice Residence

115 Diamond Street (18th Street)
San Francisco, CA 94114

Phone(s):

(415) 861-1110
(415) 552-8349 TDD/TTY
(415) 431-4071 Fax

Days & Hours:

Mon. - Fri.
8-5 (Intake)

Person In Charge:

Sharron Miller,RN, Director of Clinical & Professional Svcs.
Angela Williams, C.N.S., Clinical Manager

Services:

A homelike 15-bed congregate-living health facility for persons with AIDS, cancer or other terminal illnesses whose life expectancy is limited to six months or less. 24-hour care and support is provided by registered nurses, licensed vocational nurses, attendants, chaplains, social workers, and volunteers. Meals, laundry service, and recreation therapy are also provided.

Fees:	Vary according to income. Room and board, up to $75 per day. Medi-Cal, Medicare, private insurance, HMO, SSI accepted
Eligibility:	Diagnosis of AIDS, cancer or other terminal illness that requires 24-hour supervision and intermittent skilled care
Area Served:	San Francisco County, northern San Mateo County
Application:	Apply by phone
Language:	Spanish, Chinese, Filipino (Tagalog) - By arrangement
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 24 Divisadero, 33 Stanyan, F Market
Funding:	Donations, fees, United Way

VISITING NURSES AND HOSPICE OF SAN FRANCISCO
Home Health And Hospice Programs

3360 Geary Boulevard
San Francisco, CA 94118

Phone(s):

(415) 750-4404
(415) 221-9427 (TDD)
(415) 221-7014 Fax

Days & Hours:

Mon.-Fri., 8-5 (Office)
24 hours daily (Nurses available)

Person In Charge:

Nola Della-Monica RN, Admin./Dir. of Clinical Svcs.

Services:

Provides nursing services, homemaker, home health and other therapeutic services in the home or a homelike alternative setting. Also provides education and support for families, friends and loved ones involved in patient care. Care is provided by interdisciplinary teams comprised of medical directors, nurses, rehabilitation therapists, social workers, home health aides, nutrition counselors, chaplains and volunteers. Specialized programs include Home Health Care, Home Hospice Care, Coming Home Hospice Residence, AIDS Home Care and Hospice, Maternal-Child Health Care, Pediatric Nursing, I.V. Therapy, Bereavement Support Services, Volunteer Support Services, and private duty services.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Physician's approval for service, resident of area served. Diagnosis of illness that limits life expectancy for hospice patients

Area Served: San Francisco County, Brisbane, Colma, Daly City, Millbrae, Pacifica, San Bruno, South San Francisco, parts of Marin and Alameda counties

Application: Apply by phone. Requests for service may be made by anyone, but service is given only with physician's orders

Language: Chinese, Filipino, Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Fees, United Way, donations

VOLUNTEER CENTER OF SAN FRANCISCO

1160 Battery Street, Suite 70
San Francisco, CA 94111

Phone(s):

(415) 982-8999
(415) 399-9214 Fax
(415) 982-4663 TDD

Days & Hours:

Mon.-Fri., 8:30-4:30
Tues.-Thurs., 8:30-7

Person In Charge:

Charles Greene, Executive Director

Services:

The Volunteer Center of San Francisco serves non-profit organizations, individuals, city agencies, and other civic groups as a clearinghouse of volunteer information in the city. In 1995, the Volunteer Center referred 20,000 volunteers to over 900 organizations. Also, the Center provides technical assistance (consultation, training) on volunteer management and operates several innovative community service programs.

Fees:	None for volunteers
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone. Appointment preferred
Language:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 42 Downtown Loop
Funding:	Foundations, corporations, United Way of the Bay Area, and private donations

WESTERN ADDITION SENIOR CITIZENS' SERVICE CENTER, INC.

1390-1/2 Turk Street
San Francisco, CA 94115

Phone(s):

(415) 921-7805
(415) 921-7030

Days & Hours:

Mon. - Sun.
9-5 (Office)

Person In Charge:

Frederick D. Hubbard, Executive Director

Services:

A senior center that provides information, referral, outreach, recreation, arts and crafts, games, parties, field trips, shopping assistance, transportation seven (7) days a week, nutrition education, In-Home Support Service and free commodities and clothing. Serves a daily nutritious meal to senior age 60 or over. Meals are served from 11:30 am - 2 pm on a first come, first served basis, Monday through Sunday, including holidays. Approximately 130 meals are delivered to homebound seniors.

Fees:	Suggested donation of $1.25 for meals
Eligibility:	Age 60 or over, spouses of same
Area Served:	San Francisco County, primarily Western Addition
Application:	Apply by phone or walk in
Language:	Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 5 Fulton, 22 Fillmore, 31 Balboa
Funding:	City and County (Commission on the Aging), USDA, United Way, Beulah Homes Older Adults and Western Addition Senior Citizens' Center

WOMAN, INC.

333 Valencia Street, Suite 251
San Francisco, CA 94103-

Phone(s):

(415) 864-4777 Business
(415) 864-4722 Crisis Line

Days & Hours:

Mon. - Fri., 9-5 (Walk-ins)
24 Hours daily (Crisis Line)
Spanish and English

Person In Charge:

Jeanie Morrow, Executive Director

Services:

Provides supportive services to women who are victim of domestic violence. Maintains a daily inventory of bed space at Bay Area battered women's shelters. A drop-in center provides crisis assistance, options counseling, and individual on-going counseling. Volunteer 40 hr training for advocates one time a year in English and one time a year in Spanish. Offers support groups for battered women and referrals to selected therapists and attorneys who work with abused women. Cooperative Temporary Restraining Order clinics staffed by attorneys provide low-cost and pro bono assistance in preparing restraining orders, and give guidance with court and police procedures. lesbian Domestic Violence Program includes individual counseling, restraining orders, group support, coummunity outreach and education. Provides training on domestic violence issues to other community organizations, hospitals, and corporations. Operates Latina Crisis Services Program providing services to immigrant/monolingual Spanish speaking women in counseling support groups, community outreach and education.

Fees:	Vary according to income and service. No one will be denied service for inability to pay
Eligibility:	Women who are victims of domestic violence. San Francisco resident for legal assistance
Area Served:	Alameda Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk-in or apply by phone
Language:	Spanish
Accessibility:	Wheelchair accessible/restroom, elevator
Transportation:	MUNI - 22 Fillmore, 14 Mission, 26, Valencia, 49 City College, BART - 16th Street Station
Funding:	Donations, county, fundraising, client fees

WOOLF HOUSE

801 Howard Street
San Francisco, CA 94103t

Phone(s):

(415) 495-0937

Days & Hours:

Mon. - Fri.
11:30-12:30 Lunch Served

Person In Charge:

Julie Cheung, Meal Site Coordinator

Services:

Provides hot nutritious senior lunch served Monday-Friday at 11:30 a.m. Also provides support services which include trips, movies, and recreational events and classes.

Fees:	$1.25 suggested donation for lunch; $1.50 Project Angel donation
Eligibility:	Age 60 or over; lunch reservations must be made before 9:30 am on same day
Area Served:	San Francisco County, primarily South of Market
Application:	Walk in or apply by phone
Language:	Chinese (Cantonese, Mandarin), English, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 30 Stockton, 45 Union, 15 Third, 9 San Bruno
Funding:	Donations

Y.M.C.A.
Central Branch Senior Program

220 Golden Gate Avenue, 1st. Flr
San Francisco, CA 94102

Phone(s):

(415) 447-2555

Days & Hours:

Mon.- Fri., 9-4 (Center)
Mon.- Sat., call for hours (P.E.)

Person In Charge:

Jane Holt, Director, Senior Program
Linda Breitbarth, Senior Program Coordinator

Services:

Offers a diverse program of activities and volunteer opportunities including but not limited to AM Senior Fitness and PM "Chair" Exercise Classes, Water Exercise, T'ai chi Ch'uan, Senior Lap Swim, use of fitness/strength training equipment (i.e., Nautilus and Life circuit, treadmills, Nordic Tracks, free weights, etc.), French, Spanish and classes, various Lecture/Workshop Series, opportunities to be involved in Newsletter Writing, Day Trips, Birthday Celebrations, Holiday events, Roof-Top Gardening or just relaxing in the Senior Center.

Fees: A $75.00 one time joining fee, then $18.00 per month increasing to $20.00 per month July 1, 1998. Payment plans are available. Note: There is no fee for those wishing to drop in at the Senior Center to enjoy conversation, coffe/tea, magazines, books puzzles and games.

Eligibility: Age 55 and over

Area Served: Primarily San Francisco County

Application: Walk in or call for information

Language: Chinese (Cantonese, Mandarin), Russian, Spanish - interpretations can be arranged

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 19 Polk. MUNI Metro/BART - Civic Center Station

Funding: Donations, fees, memorial gifts, bequests, annual fundraising

YMCA OF SAN FRANCISCO
Mission Branch

4080 Mission Street (Highway 280)
San Francisco, CA 94112

Phone(s):

(415) 586-6900
(415) 452-7565 Lunch Program

Days & Hours:

Mon. - Fri.
9-6 Office, 9-1 Seniors

Person In Charge:

Andrew Scott, Executive Director
Marge Healy, Senior Services Director

Services:

A multipurpose center for seniors age 60 or over. Lunch program Monday-Friday. Programs include exercise, nutrition, lectures and walking group. Monthly trips in Bay Area, Reno, Las Vegas, and Indian Casino. Professional assistance: health screening, income tax, legal and blood pressure check, HICAP.

Fees: Vary according to service

Eligibility: No requirements

Area Served: San Francisco County, Inner/Outer Mission, Bayview Hunter's Point, Excelsior, Glen Park, Castro, Diamond Heights

Application: Walk in or apply by phone

Language: Filipino (Tagalog), Spanish (Mon. - Fri., 9-5)

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 14 Mission, 23 Monterey, 44 O'Shaughnessy, 49 City College, BART - Glen Park Station

Funding: Donations, fees, United Way

YMCA OF SAN FRANCISCO
Stonestown Family YMCA

333 Eucalyptus Drive (21st Avenue)
San Francisco, CA 94132

Phone(s):

(415) 759-9622

Days & Hours:

Mon.-Fri., 6am - 10pm
Sat., 7am - 8pm
Sun., 9am - 6pm
Mon.-Fri., 9am -3:30pm (Sr. Center)

Person In Charge:

Deane Shokes, Executive Director
Shirley Barksdale, Senior Program Director
Kathy Orsi, Senior Program Coordinator

Services:

The Seniors Drop-In Center provides information and referral, recreational and cultural activities, health screenings, including weekly blood pressure, chair exercise classes, adaptive exercise for stroke survivors, travel program, annual tax preparation assistance, Christmas Day party and companionship for single seniors and hot lunch served weekdays at noon. The Branch also has a full fitness center providing aerobics, swimming, youth sports, strength and conditioning training, basketball, volleyball, martial arts, water fitness and healthy back programs.

Fees:	Vary according to income and service. Senior Center: No charge, some fees for programs.
Eligibility:	No requirements
Area Served:	San Francisco, Colma, Daly City
Application:	Walk in or apply by phone
Language:	Some translation available
Accessibility:	Special parking ramp wheelchair accessible/restroom. Senior Center is at street level
Transportation:	MUNI - 17 Parkmerced, 18 - 46th Avenue, 28 - 19th Avenue, 29 Sunset, MUNI Metro - K Ingleside, M Oceanview
Funding:	Commission on the Aging, Annual Community Support Campaign, donations, fees

YWCA OF SAN FRANCISCO & MARIN

YWCA Apartments, Inc.

940 Powell Street (Clay)
San Francisco, CA 94108

Phone(s):

(415) 397-6886
(415) 397-1011 Fax

Days & Hours:

Mon. - Fri.
8:30 - 5:30 (Office)

Person In Charge:

Cecilia Shair Katz, Administrator

Services:

A senior citizens housing project in historical Julia Mogan building. Provides safe and secure housing in HUD-funded apartments for independently living elderly, 98 units. 30% of household monthly income covers rent, heating, trash disposal and water. Waiting list! Call for information.

Fees:	30% of income
Eligibility:	Age 62 +, independent living, low income, equal opportunity housing
Area Served:	San Francisco
Application:	Apply in person
Language:	Chinese (Cantonese, Mandarin)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 30 Stockton, Cable Car - Powell Street
Funding:	Federal (HUD)

YOUNG LIFE OF SAN FRANCISCO
Elderly Teen Connection (ETC)

222 Plymouth Avenue (Broad)
San Francisco, CA 94112

Phone(s):

(415) 584-0300

Days & Hours:

Mon.-Fri., 10-4
Answering machine at other times

Person In Charge:

Theresa Ho, Project Coordinator

Services:

The Elderly Teen Connection trains youth to perform household tasks like housecleaning, yardwork, grocery shopping, light cooking, letter writing, escort service. Students work after school or on weekends for senior adults. Students work a minimum of 2 hours per trip.

Fees:	None for teens. $6 per hour charged for household work, minimum 2 hours per visit
Eligibility:	Youth 14 - 19, seniors age 55 or over
Area Served:	San Francisco County
Application:	Apply by phone
Language:	Chinese (Cantonese), Spanish (spoken by some teens)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 54 Felton, MUNI Metro - M Oceanview
Funding:	Donations